

	Child meal pattern food components:	MONDAY 10/15	TUESDAY 10/16	WEDNESDAY 10/17	THURSDAY 10/18	FRIDAY 10/19
BREAKFAST	1-2yrs. Milk 2-5 yrs. Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Raisins	Applesauce Cup	Fresh Mixed Berries	Sliced Peaches	Raisins
	Grains/Breads	*Cheerios Cereal	Blueberry Bagel	Variety Muffins	Raisin bread	*Cheerios Cereal
	Extras:		Cream Cheese			
LUNCH	1-2yrs. Milk 2-5 yrs. Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk
	Meat/Meat Alternate	Hamburger Alt: Yogurt	Spaghetti w/Marinara Sauce and White Beans	Chicken Nuggets Alt: Black Beans	Red Beans	Pork Sausage Alt: Yogurt
	Vegetable or Fruit	Lima Beans	Squash	Mixed Veggies	Steamed Carrots	Potato Wedges
	Vegetable or Fruit	Sliced Peaches	Fruit Cocktail	Apple Slices	Sliced Pineapple	Mandarin Oranges
	Grains/Breads	Hamburger Bun	Spaghetti Noodles	*Wild Rice	White Rice	Pancake
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate				Sliced Cheese	Peach/Strawberry Yogurt
	Vegetable/Fruit/Juice	Sliced Apples	Banana	Mixed Fruit		
	Grains/Bread	Graham Cracker Goldfish	*Cheez-it	Gold Fish Crackers	*Wheat Club Crackers	Graham Crackers
	Extras:					

* Item Contain 100% Whole Grain