

	Child meal pattern food components:	MONDAY 10-8	TUESDAY 10-9	WEDNESDAY 10-10	THURSDAY 10-11	FRIDAY 10-12
<b>BREAKFAST</b>	1-2yrs. Milk 2-5 yrs. Milk	Unflavored Whole Milk Unflavored 1% Milk <b>Robin</b>	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	Fresh Oranges	Fresh Banana	Fresh Apples	Fresh Strawberries	Sliced Peaches
	Grains/Breads	*WG Cereal	French Toast	Biscuits	*WG Cereal	Bagels
	Extras:			Jelly		Cream Cheese
<b>LUNCH</b>	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	Macaroni and Cheese	Spaghetti and meatballs ALT: Pasta with Cheese and Sauce	Turkey Sandwich Alt: Cheese Sandwich	Black Beans	Diced BBQ Chicken ALT: BBQ Tofu
	Vegetable or Fruit	Peas & Carrots	Cauliflower	Lima Beans	Cooked Carrots	Green Beans
	Vegetable or Fruit	Pineapple Slices	Mixed Fruit	Sliced Pear	Honeydew	Tropical Fruit
	Grains/Breads	WG pasta	WW Pasta	WW Bread	Rice	WW dinner roll
	Extras:					
<b>SNACK (select 2)</b>	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate					Yogurt
	Vegetable/Fruit/Juice	Apple Sauce	Sliced Peaches	Fresh Oranges	Sliced Cheese	Banana
	Grains/Bread	Goldfish	Raisin Bread	WG Wheat Thins	WW Cracker	<b>Dairy Alt:</b> WG Crackers
	Extras:					

Cereal \* Cheerios, Chex, Multigrain Cheerios