

	Child meal pattern food components:	MONDAY 10/8	TUESDAY 10/9	WEDNESDAY 10/10	THURSDAY 10/11	FRIDAY 10/12
<b>BREAKFAST</b>	<b>1-2yrs. Milk</b> <b>2-5 yrs. Milk</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	Unflavored Whole Milk Unflavored 1% Milk
	<b>Meat/Meat Alternate</b>					
	<b>Vegetable/Fruit/Juice</b>	Raisins	Banana	Strawberries	Tropical Fruit Mix Cup	Raisins
	<b>Grains/Breads</b>	*Cheerios	Blueberry Muffins	Waffles	Raisin Bread	*Cheerios
	<b>Extras:</b>					
<b>LUNCH</b>	<b>1-2yrs. Milk</b> <b>2-5 yrs. Milk</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	Unflavored Whole Milk Unflavored 1% Milk
	<b>Meat/Meat Alternate</b>	Latin Black Beans	Cheese Pizza	Scrambled Eggs Alt: Yogurt	Oven Fried Chicken Alt: Black Beans	Mac & Cheese
	<b>Vegetable or Fruit</b>	Roasted Zucchini	Green Beans	Breakfast Potatoes	Sweet Potatoes	Green Peas
	<b>Vegetable or Fruit</b>	Applesauce	Sliced Pineapple	Mandarin Oranges	Diced Pears	Sliced Apples
	<b>Grains/Breads</b>	White Rice	Club Crackers	Grits	Dinner Roll	*Wheat Club Crackers
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>1-2yrs. Milk</b> <b>2-5 yrs. Milk</b>					
	<b>Meat/Meat Alternate</b>		Strawberry Yogurt		Colby Jack Cheese	
	<b>Vegetable/Fruit/Juice</b>	Applesauce		Celery Stick		Fruit Cocktail
	<b>Grains/Bread</b>	Cheez-Its	* Graham Crackers	*Goldfish Oat Graham Cracker	*Wheat Thins	*Graham Crackers
	<b>Extras:</b>			Ranch		

\* Item Contain 100% Whole Grain