

	Child meal pattern food components:	MONDAY 12-3	TUESDAY 12-4	WEDNESDAY 12-5	THURSDAY 12-6	FRIDAY 12-7
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	Fresh Oranges	Fresh Banana	Fresh Apples	Fresh Strawberries	Sliced Peaches
	Grains/Breads	*WG Cereal	French Toast	Biscuits	*WG Cereal	Bagels
	Extras:			Jelly		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	Turkey Sandwich ALT: Cheese Sandwich	Macaroni and Cheese	Turkey Chili ALT: Vegetarian Chili	Black Beans	Diced BBQ Chicken ALT: BBQ Tofu
	Vegetable or Fruit	Peas & Carrots	Green Beans	Cauliflower	Cooked Carrots	Lima Beans
	Vegetable or Fruit	Pineapple Slices	Sliced Pear	Fruit Cocktail	Honeydew	Tropical Fruit
	Grains/Breads	WG Bread	WW Pasta	Saltine cracker	Rice	WW dinner roll
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate	Sliced Cheese				Yogurt
	Vegetable/Fruit/Juice		Sliced Peaches	Fresh Oranges	Apple Sauce	Banana
	Grains/Bread	WW Crackers	Raisin Bread	WG Wheat Thins	Home Made Chex Mix	Dairy Alt: WG Crackers
	Extras:					

Cereal * Cheerios, Chex, Multigrain Cheerios