

	Child meal pattern food components:	MONDAY 12/3	TUESDAY 12/4	WEDNESDAY 12/5	THURSDAY 12/6	FRIDAY 12/7
<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	Tropical Fruit Cups	Mixed Fruit	Sliced Pineapple	Raisins
	<b>Grains/Breads</b>	*Cheerios	Raisin Bread	Blueberry Muffins	Blueberry Bagels	*Cheerios
	<b>Extras:</b>				Cream Cheese	
<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>	Pears	Mandarin Oranges	Sliced Apples	Sliced Peaches	Mandarin Oranges
	<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>					
	<b>Vegetable/Fruit/Juice</b>	Pineapple	Sliced Carrots	Raisins	Strawberry Yogurt	Applesauce
	<b>Grains/Bread</b>	Cheez – its / Raisin Bread	*Wheat Thins	*Graham Crackers	*Gold Fish Crackers	Goldfish Giant Graham Cracker
	<b>Extras:</b>					

\* Item Contain 100% Whole Grain