

	Child meal pattern food components:	MONDAY 11/12	TUESDAY 11/13	WEDNESDAY 11/14	THURSDAY 11/15	FRIDAY 11/16
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	Tropical Fruit Cup	Apple Sauce	Fruit cocktail	Raisins
	Grains/Breads	*Cheerios	Blueberry Bagel/Muffins	Toast	Blueberry Muffins	*Cheerios
	Extras:			Jelly		
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	Turkey w/gravy Alt: Tofu Turkey
	Vegetable or Fruit	Lima Beans	Squash	Mixed Veggies	Steamed Carrots	Fresh Green Beans
	Vegetable or Fruit	Sliced Peaches	Fruit Cocktail	Apple Slices	Sliced Pineapple	Sweet Potato Souffle
	Grains/Breads	Hamburger Bun	Spaghetti Noodles	*Wild Rice	White Rice	Wheat Dinner Rolls
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate				Sliced Cheese	Strawberry Yogurt
	Vegetable/Fruit/Juice	Fresh Oranges	Applesauce	Sliced Cucumbers		
	Grains/Bread	Wheat Thins	*Graham Crackers	Goldfish Crackers	*Wheat Crackers	Cheez-Its
	Extras:					

* Item contains 100% Whole Grain