<table>
<thead>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
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<tr>
<td>Child meal pattern food components:</td>
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</tr>
<tr>
<td>1-2yrs. Milk 2-5 yrs. Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
</tr>
<tr>
<td>Meat/Meat Alternate</td>
<td>Raisins</td>
<td>Applesauce</td>
<td>Mixed Fruit Cup</td>
<td>Mixed Fruit</td>
<td>Raisins</td>
</tr>
<tr>
<td>Vegetable/Fruit/Juice</td>
<td>*Cheerios / Special K</td>
<td>Raisin Bread /Toast / Bagel</td>
<td>Blueberry Muffin</td>
<td>Waffles</td>
<td>*Cheerios</td>
</tr>
<tr>
<td>Grains/Breads</td>
<td>Cheerios / Special K</td>
<td>Raisin Bread /Toast / Bagel</td>
<td>Blueberry Muffin</td>
<td>Waffles</td>
<td>*Cheerios</td>
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<tr>
<td>Extras:</td>
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<tr>
<td><strong>LUNCH</strong></td>
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<td>Child meal pattern food components:</td>
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<tr>
<td>1-2yrs. Milk 2-5 yrs. Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
<td>Unflavored Whole Milk Unflavored 1% Milk</td>
</tr>
<tr>
<td>Meat/Meat Alternate</td>
<td>Hamburger</td>
<td>Spaghetti w/Marinara Sauce and White Beans</td>
<td>Chicken Nuggets</td>
<td>Red Beans</td>
<td>Pork Sausage</td>
</tr>
<tr>
<td>Vegetable or Fruit</td>
<td>Lima Beans</td>
<td>Squash</td>
<td>Mixed Veggies</td>
<td>Steamed Carrots</td>
<td>Potato Wedges</td>
</tr>
<tr>
<td>Vegetable or Fruit</td>
<td>Mandarin Oranges</td>
<td>Fruit Cocktail / Sliced Peaches</td>
<td>Sliced Pineapple</td>
<td>Apple Slices</td>
<td>Fruit Cocktail</td>
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<tr>
<td>Grains/Breads</td>
<td>Hamburger Bun</td>
<td>Spaghetti Noodles</td>
<td>*Wild Rice</td>
<td>White Rice</td>
<td>Pancake</td>
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<td>Extras:</td>
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<td><strong>SNACK</strong> (select 2)</td>
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<td>Child meal pattern food components:</td>
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<tr>
<td>1-2yrs. Milk 2-5 yrs. Milk</td>
<td>Sliced Cheese</td>
<td>Sliced Cucumbers</td>
<td>Fruit Cocktail</td>
<td>Strawberry Yogurt</td>
<td>Sliced Pineapple</td>
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<tr>
<td>Meat/Meat Alternate</td>
<td>Sliced Cheese</td>
<td>Sliced Cucumbers</td>
<td>Fruit Cocktail</td>
<td>Strawberry Yogurt</td>
<td>Sliced Pineapple</td>
</tr>
<tr>
<td>Vegetable/Fruit/Juice</td>
<td>Sliced Cucumbers</td>
<td>Fruit Cocktail</td>
<td>Strawberry Yogurt</td>
<td>Sliced Pineapple</td>
<td>Cheez-Its</td>
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<tr>
<td>Grains/Bread</td>
<td>Goldfish Crackers</td>
<td>Wheat Thins</td>
<td>*Graham Crackers</td>
<td>*Wheat Crackers</td>
<td>Cheez-Its</td>
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<td>Extras:</td>
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* Item contains 100% Whole Grain