

	Child meal pattern food components:	MONDAY 12-10	TUESDAY 12-11	WEDNESDAY 12-12	THURSDAY 12-13	FRIDAY 12-14
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 Pears	Mixed fruit	Sliced Apples	Sliced Pears	Fresh Strawberry
	Grains/Breads	WG Cheerios	WG Waffles	Cinnamon Raisin Bread	Cheese WW Toast	WG Cheerios
	Extras:		Syrup			
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	Popcorn Chicken ALT: Yogurt	Cannellini Beans	Hamburger ALT: Veggie Burger	Turkey Roll up ALT: Cheese Roll up	Cheese Pizza Dairy Alt: Kidney Beans
	Vegetable or Fruit	Green Peas	Mixed Vegetables	Broccoli	Carrot sticks	Squash
	Vegetable or Fruit	Sliced Peaches	Sliced Peaches	Mandarin Oranges	Apple Sauce	Cantaloupe
	Grains/Breads	Whole Wheat Roll	Wild Rice	WW Bun	Tortilla	Crust
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate		Yogurt	Sliced Cheese		
	Vegetable/Fruit/Juice	Tropical Fruit	Dairy Alt: Fruit Cup	Wheat Thins	Fruit Cocktail	Pineapple Chunks
	Grains/Bread	Oyster Crackers	Animal Crackers		WG Cheddar Goldfish	Animal Crackers
	Extras:					

Cereal * Cheerios, Chex, Multigrain Cheerios