

	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	Raisins	Applesauce	Mixed Fruit Cup	Mixed Fruit	Raisins
	Grains/Breads	*Cheerios / Special K	Raisin Bread /Toast / Bagel	Blueberry Muffin	Waffles	*Cheerios
	Extras:					
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	Pork Sausage Alt: Yogurt
	Vegetable or Fruit	Lima Beans	Squash	Mixed Veggies	Steamed Carrots	Potato Wedges
	Vegetable or Fruit	Mandarin Oranges	Fruit Cocktail / Sliced Peaches	Sliced Pineapple	Apple Slices	Fruit Cocktail
	Grains/Breads	Hamburger Bun	Spaghetti Noodles	*Wild Rice	White Rice	Pancake
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate	Sliced Cheese			Strawberry Yogurt	
	Vegetable/Fruit/Juice		Sliced Cucumbers	Fruit Cocktail		Sliced Pineapple
	Grains/Bread	Goldfish Crackers	Wheat Thins	*Graham Crackers	*Wheat Crackers	Cheez-Its
	Extras:					

* Item contains 100% Whole Grain