

	Child meal pattern food components:	MONDAY 1-14	TUESDAY 1-15	WEDNESDAY 1-16	THURSDAY 1-17	FRIDAY 1-18
<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>	Fresh Oranges	Mixed fruit	Sliced Apples	Sliced Pears	Fresh Strawberry
	<b>Grains/Breads</b>	WG Cheerios	WG Waffles	Banana Bread	Cheese Grits	WG Chex
	<b>Extras:</b>		Syrup			
<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>	Popcorn Chicken ALT: Yogurt	Cannellini Beans	Hamburger ALT: Veggie Burger	Turkey Roll up ALT: Cheese Roll up	Cheese Pizza Dairy Alt: Kidney Beans
	<b>Vegetable or Fruit</b>	Green Peas	Mixed Vegetables	Broccoli	Carrot sticks	Squash
	<b>Vegetable or Fruit</b>	Sliced Pineapple	Sliced Peaches	Mandarin Oranges	Apple Sauce	Cantaloupe
	<b>Grains/Breads</b>	Whole Wheat Roll	Wild Rice	WW Bun	Tortilla	Crust
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>1-2yrs. Milk</b> <b>2-5 yrs. Milk</b>					
	<b>Meat/Meat Alternate</b>		Yogurt	Sliced Cheese		
	<b>Vegetable/Fruit/Juice</b>	Tropical Fruit	<b>Dairy Alt:</b> Fruit Cup	Wheat Thins	Tropical Fruit	Pineapple Chunks
	<b>Grains/Bread</b>	Oyster Crackers	Animal Crackers		WG Cheddar Goldfish	Animal Crackers
	<b>Extras:</b>					

Cereal \* Cheerios, Chex, Multigrain Cheerios