

	Child meal pattern food components:	MONDAY 1/14	TUESDAY 1/15	WEDNESDAY 1/16	THURSDAY 1/17	FRIDAY 1/18
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	Mandarin Oranges	Sliced Pineapple	Applesauce	Raisins
	Grains/Breads	*Rice Chex	Waffles	Blueberry Bagels	Blueberry Muffins	*Rice Chex
	Extras:			Cream Cheese		
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	Latin Black Beans	Cheese Pizza	Scrambled Eggs Alt: Yogurt	Oven Fried Chicken Alt: Black Beans	Mac & Cheese
	Vegetable or Fruit	Roasted Zucchini	Green Beans	Breakfast Potatoes	Sweet Potatoes	Green Peas
	Vegetable or Fruit	Sliced Apples	Sliced Peaches	Applesauce	Sliced Peaches	Mandarin Oranges / Sliced Pineapple
	Grains/Breads	White Rice	Club Crackers	Grits	Dinner Roll	*Wheat Club Crackers
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate				Strawberry Yogurt	
	Vegetable/Fruit/Juice	Pineapple	Sliced Carrots	Raisins		Applesauce
	Grains/Bread	Cheez – its	*Wheat Thins	*Graham Crackers	Goldfish Giant Graham	*Gold Fish Crackers Cracker
	Extras:					

* Item Contain 100% Whole Grain