

	Child meal pattern food components:	MONDAY 1/21	TUESDAY 1/22	WEDNESDAY 1/23	THURSDAY 1/24	FRIDAY 1/25
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				Peach Yogurt	
	Vegetable/Fruit/Juice	Applesauce	Fresh Banana	Fresh Sliced Oranges	Diced Pears	Raisins
	Grains/Breads	Corn Muffin/ Blueberry Muffin	Waffles	Plain Bagel		Chex Cereal
	Extras:		Syrup	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	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. Sliced Apples/Sliced Pears	Mandarin Oranges	Sliced Pears
	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	Strawberry Yogurt				
	Vegetable/Fruit/Juice		Sliced Pineapple	Fruit Cocktail	Applesauce	Sliced Pears
	Grains/Bread	Graham Cracker	Wheat Thins	Raisin Bread	Gold Fish Graham Cracker	Home Made Chex Mix
	Extras:					

* Item contains 100% Whole Grain