

	Child meal pattern food components:	MONDAY 2-18	TUESDAY 2-19	WEDNESDAY 2-20	THURSDAY 2-21	FRIDAY 2-22
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 Oranges	Fresh Banana	Fresh Apples	Fresh Pears	Fresh Strawberries
	Grains/Breads	*WG Chex	French Toast	Biscuits	*WG Cheerios	Bagels
	Extras:			Jelly		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	Turkey Sandwich ALT: Cheese Sandwich	Spaghetti and Meatballs with cheese ALT: Spaghetti with Cheese	Diced BBQ Chicken ALT: BBQ Tofu	Macaroni and Cheese	Black Beans
	Vegetable or Fruit	Peas & Carrots	Cauliflower	Lima Beans	Green Beans	Cooked Carrots
	Vegetable or Fruit	Pineapple Slices	Fruit Cocktail	Honey Dew	Tropical Fruit	Sliced Pears
	Grains/Breads	WG Bread	WW Pasta	WW dinner roll	WW Pasta	Rice
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					Unflavored Whole Milk Unflavored 1% Milk
	Meat/Meat Alternate	Sliced Cheese				
	Vegetable/Fruit/Juice		Sliced Peaches	Fresh Oranges	Apple Sauce	Banana
	Grains/Bread	WW Crackers	Raisin Bread	WG Wheat Thins	Home Made Chex Mix	
	Extras:					Birthday Snack: Cookie