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

Cereal \* Cheerios, Chex, Multigrain Cheerios