June 17-21

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **6-17** | **TUESDAY**  **6-18** | **WEDNESDAY**  **6-19** | **THURSDAY**  **6-20** | **FRIDAY**  **6-21** |
| **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 | Bananas | Sliced Apples | Fresh Pears | Fresh Strawberry |
| **Grains/Breads** | WG Cheerios | WG Waffles | Oatmeal | 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 | Chicken Vegetable Soup  Alt: Bean and Vegetable Soup | Cheese Pizza  Dairy Alt: Kidney Beans |
| **Vegetable or Fruit** | Green Peas | Mixed Vegetables | Broccoli | Carrot sticks | Squash |
| **Vegetable or Fruit** | Sliced Peaches | Pineapples Chunks | Mandarin Oranges | Fresh Apples | Cantaloupe |
| **Grains/Breads** | Whole Wheat Roll | Wild Rice | WW Bun | Bread sticks | Crust |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **1-2yrs. Milk**  **2-5 yrs. Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Yogurt | Sliced Cheese |  |  |
| **Vegetable/Fruit/Juice** | Fresh Apples | **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