August 19-23

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **8/19** | **TUESDAY**  **8/20** | **WEDNESDAY**  **8/21** | **THURSDAY**  **8/22** | **FRIDAY**  **8/23** |
| **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 Strawberries | Mandarin Oranges |
| **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** | Baked Chicken  ALT: Vegetarian Baked Beans | Beef Stroganoff | Macaroni and Cheese | Black Beans | Ground Turkey and Rice  ALT: Tofu And Rice |
| **Vegetable or Fruit** | Peas & Carrots | Cooked Carrots | Green Beans | Mixed Vegetables | Broccoli |
| **Vegetable or Fruit** | Tropical Fruit | Pineapple Slices | Sliced Pear | Pineapples Chunks | Apple Slices |
| **Grains/Breads** | WG Bread | WW Pasta | WW Pasta | Wild Rice | White Rice |
| **Extras:** |  | **Gravy** |  |  |  |
| **SNACK  (select 2)** | **1-2yrs. Milk**  **2-5 yrs. Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Cheese Slice |  |  |  | Yogurt |
| **Vegetable/Fruit/Juice** |  | Diced Pears | Fresh Oranges | Tropical fruit | Banana |
| **Grains/Bread** | Crackers | Raisin Bread | WG Wheat Thins | Animal Crackers |  |
| **Extras:** |  |  |  |  |  |