August 12-16

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **8-12** | **TUESDAY**  **8-13** | **WEDNESDAY**  **8-14** | **THURSDAY**  **8-15** | **FRIDAY**  **8-16** |
| **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 | Fresh Oranges | Mixed Fruit | Fresh Apples | Fresh Strawberry |
| **Grains/Breads** | WG Cheerios | WG Waffles | Cheese WW Toast | Banana Bread | 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 | Spaghetti and Meatballs with cheese ALT: Spaghetti with Cheese | Cannellini Beans | Turkey Sandwich  ALT: Cheese Sandwich | Cheese Pizza  Dairy Alt: Kidney Beans |
| **Vegetable or Fruit** | Lima Beans | Cauliflower | Cooked Carrots | Carrot sticks | Squash |
| **Vegetable or Fruit** | Sliced Peaches | Fresh Apples | Honeydew | Mix Fresh Fruit | Cantaloupe |
| **Grains/Breads** | Whole Wheat Roll | WW Pasta | Rice | WW Bread | Crust |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **1-2yrs. Milk**  **2-5 yrs. Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  |  |  |  |  |
| **Vegetable/Fruit/Juice** | Tropical Fruit | Diced Pears | Fresh Pineapple | Oranges | Pineapple Chunks |
| **Grains/Bread** | Oyster Crackers | Raisin Bread | WG Cheddar Goldfish | Home Made Chex Mix | Animal Crackers |
| **Extras:** |  |  |  |  |  |

Cereal \* Cheerios, Chex, Multigrain Cheerios