|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 MilkUnflavored 1% Milk | Unflavored Whole MilkUnflavored 1% Milk | Unflavored Whole MilkUnflavored 1% Milk | Unflavored Whole MilkUnflavored 1% Milk | Unflavored Whole MilkUnflavored 1% Milk |
| **Meat/Meat Alternate** |   |  |  |  |  |
| **Vegetable/Fruit/Juice** | Raisins  | Fruit Salad  | Mixed Berries  | Fruit Cocktail  | Raisins  |
| **Grains/Breads** | \* Cheerios | Blueberry Muffins  | Waffles  | Bagel | \*Rice Chex / Cheerios |
| **Extras:** |  |  |  Syrup | Cream Cheese  |  |
| **LUNCH** | **1-2yrs. Milk****2-5 yrs. Milk** | Unflavored Whole MilkUnflavored 1% Milk | Unflavored Whole MilkUnflavored 1% Milk | Unflavored Whole MilkUnflavored 1% Milk | Unflavored Whole MilkUnflavored 1% Milk | Unflavored Whole MilkUnflavored 1% Milk |
| **Meat/Meat Alternate** | Hamburger Alt: Yogurt  | Spaghetti w/Marinara Sauce and White Beans | Chicken NuggetsAlt: Black Beans  | Red Beans  | Pork Sausage Alt: Yogurt |
| **Vegetable or Fruit** | Baked Beans  | Green Peas | Mixed Veggies  | Steamed Carrots  | Potato Wedges  |
| **Vegetable or Fruit** | Applesauce | Fruit Salad  | Sliced Pears  | Mandarin Oranges  | Sliced pineapple  |
| **Grains/Breads** | Hamburger Bun  | Spaghetti Noodles  | \*Wild Rice  | White Rice  | Pancake  |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **1-2yrs. Milk****2-5 yrs. Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Yogurt | Hummus |  |  |  |
| **Vegetable/Fruit/Juice** |  |  | Applesauce  | Watermelon  | Sliced Pears  |
| **Grains/Bread** | Granola  | \*Ritz Crackers | \*Whole Grain Gold Fish Crackers  | \*Chex Mix  | \*Wheat Thins  |
| **Extras:** |  |  |  |  |  |

\* Item contains 100% Whole Grain