|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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** | 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 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** | Hamburger  Alt: Yogurt | Spaghetti  w/Marinara Sauce  and White Beans | Chicken Nuggets  Alt: 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