12/2-12/6

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **12-2** | **TUESDAY**  **12-3** | **WEDNESDAY**  **12-4** | **THURSDAY**  **12-5** | **FRIDAY**  **12-6** |
| **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 | Fresh Pears | Fresh Sliced Apples | Fresh Strawberry |
| **Grains/Breads** | WG Cheerios | WG Waffles | Oatmeal | WG Chex | Bagels |
| **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** | Popcorn Chicken  ALT: Cheese Sandwich | Spaghetti and Meatballs with cheese ALT: Spaghetti with Cheese | Black Beans | Turkey Ala King  ALT: Mushroom and Vegetable soup | Cheese Pizza |
| **Vegetable or Fruit** | Green Peas | Cauliflower | Cooked Carrots | Mixed Veggies | Squash |
| **Vegetable or Fruit** | Fresh Oranges | Diced Pears | Oranges | Cantaloupe | Fresh Pears |
| **Grains/Breads** | Whole Wheat Roll | WW Pasta | Rice | WW Dinner Roll | Crust |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **1-2yrs. Milk**  **2-5 yrs. Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Cheese Slice |  |  |  |
| **Vegetable/Fruit/Juice** | Tropical Fruit | WW Crackers | Pineapple Slices | Fresh Oranges | Pineapple Chunks |
| **Grains/Bread** | Oyster Crackers |  | WG Cheddar Goldfish | Home Made Chex Mix | Animal Crackers |
| **Extras:** |  |  |  |  |  |

Cereal \* Cheerios, Chex, Multigrain Cheerios