



BREAKFAST	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Milk/Juice	<b>Milk/Juice</b>	<b>Milk/Juice</b>	<b>Milk/Juice</b>	<b>Milk/Juice</b>	<b>Milk/Juice</b>		
	Vegetable/Fruit/Juice	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>		
	Grains/Breads	<b>Biscuit</b>	<b>Toast</b>	<b>BB</b>	<b>Muffin</b>	<b>Waffles</b>		
LUNCH	Milk/Juice	<b>Milk/Juice</b>	<b>Milk/Juice</b>	<b>Milk/Juice</b>	<b>Milk/Juice</b>	<b>Milk/Juice</b>		
	Meat/Meat Alternate	<b>Cold Sandwich</b>	<b>Fish Sticks</b>	<b>Pasta w/Meat</b>	<b>Pizza</b>	<b>Special Children's Choice Lunch*</b>		
	Vegetable or Fruit	<b>Salad</b>	<b>Potatoes</b>	<b>Greens</b>	<b>Veggies</b>			
	Vegetable or Fruit	<b>Fruit</b>	<b>Salad</b>	<b>Fruit</b>	<b>Salad</b>			
	Grains/Breads	<b>Bread</b>	<b>Bread</b>	<b>Pasta w/Meat</b>	<b>Bread</b>			
SNACK	<b>Select 2</b>	<b>Celery</b>	<b>Pineapples</b>	<b>Apples</b>	<b>Yogurt</b>	<b>Pears</b>		
	Milk							
	Meat/Meat Alternate	<b>Peanut Butter</b>	<b>Cottage Cheese</b>	<b>Bananas</b>	<b>Pretzels</b>	<b>Cheese</b>		
	Vegetable/Fruit/Juice							
	Grains/Breads							

Milk- 1% for ages 2 and older | Whole milk for ages 2 and younger

\* Used as learning experience by introducing new foods and healthy meal selection.