



BREAKFAST	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	
Vegetable/Fruit/Juice	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit		
Grains/Breads	Oatmeal/Grits	Bagel	Scrambled	Cereal	Pancakes			
LUNCH	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice		
	Meat/Meat Alternate	Grilled Sandwich	Tuna Fish	Spam/Vienna	Meatloaf	Special Children's Choice Lunch*		
	Vegetable or Fruit	Potatoes	Fruit	Green Salad	Potatoes			
	Vegetable or Fruit	Fruit	Carrots	Fruit	Corn			
	Grains/Breads	Bread	Bread	Pasta	Pasta			
Select 2	Graham Crackers	Pears	Apples	Grapes	Pretzels			
Milk								
Meat/Meat Alternate	Cream Cheese	Gold Fish	Peanut Butter	Cheese	Fruit Cup			
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.