



Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice		
	Vegetable/Fruit/Juice	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	Corn Dogs	Chili	Chicken Stir-Fry	Salisbury Steak	Special Children's Choice Lunch*		
	Vegetable or Fruit	Salad	Fruit	Stir-Fry Veggies	Potatoes			
	Vegetable or Fruit	Fruit	Beans	Fruit	Peas			
	Grains/Breads	Corn Dogs	Crackers	Rice	Bread			
SNACK	Select 2	Spam/Vienna	Pretzels	Apples	Raisin Bread	Crackers		
	Milk							
	Meat/Meat Alternate	Crackers	Fruit Cup	Cheese	Cream Cheese	Peanut Butter		
	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.

MENUS MUST BE POSTED AND MAINTAINED ON FILE! 3