



Dates: _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk	Milk	Milk	Milk	Milk	Milk
Juice/Fruit/Veg.	Bananas	Oranges	Apples	Peaches	Mixed Fruit
Bread/Grain	Cereal	Pancakes	Muffins	Bagels	Cereal
Other		Syrup		Butter	
Lunch: Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt.	Turkey Meatballs	Turkey Hot dogs	Beef Patties	Grilled Cheese	Fish Sticks
Juice/Fruit/Veg.	Broccoli	Corn	Mixed Veggies	Green Beans	Carrots
Juice/Fruit/Veg.	Peaches	Mixed Fruit	Strawberries	Oranges	Applesauce
Bread/Grain	WG Noodles w/Red Sauce	WG Bread	Brown Rice	WG Bread	Mac N Cheese w/WG Noodles
PM Snack: * (select 2 items) Milk	Water	Water		Milk	
Meat/Meat Alt.		Cheese Slices			Apple Juice
Juice/Fruit/Veg.	Apple Slices		Apple Juice		Salsa
Bread/Grain	Cheese Its	WG Crackers	Goldfish	Popcorn/Graham Crackers	WG Tortilla Chips

*Snack only: Items *must be* from two (2) different 'food component' groups. If milk is selected f as a snack component no juice is allowed. If no milk or juice is served then water must be offered.

Milk must be whole milk for children 12 through 23 months; 1% or fat free for children 2 years of age and older.



Dates: _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk Juice/Fruit/Veg. Bread/Grain Other	Milk	Milk	Milk	Milk	Milk
	Oranges	Mixed Fruit	Applesauce	Peaches	Bananas
	Cereal	Waffles	Cereal	Pancakes	Muffins
		Syrup			
Lunch: Milk Meat/Meat Alt. Juice/Fruit/Veg. Juice/Fruit/Veg. Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Chicken Nuggets	Pizza	Meatloaf	Turkey Sausage	Grilled Cheese
	Green Beans	Mixed Veggies	Broccoli	Tator Tots	Corn
	Peaches	Bananas	Oranges	Strawberries	Mixed Fruit
	WG Noodles	WG Crust	Brown Rice	WG French Toast	WG Bread
PM Snack: * (select 2 items) Milk Meat/Meat Alt. Juice/Fruit/Veg. Bread/Grain	Water	Water			Milk
	Yogurt	Cheese Slices			
			Apple Juice	Apple Juice	
	Graham Crackers	WG Crackers	Chex Mix	Pretzels	WG Goldfish

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Breakfast: Milk Juice/Fruit/Veg. Bread/Grain Other	Milk	Milk	Milk	Milk	Milk
	Bananas	Mixed Fruit	Oranges	Peaches	Apple Slices
	Cereal	Bagels	Waffles	Cereal	Muffins
		Butter	Syrup		
Lunch: Milk Meat/Meat Alt. Juice/Fruit/Veg. Juice/Fruit/Veg. Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Turkey Hot Dogs	Grilled Cheese	Turkey Meatballs	Beef Patties	Fish Sticks
	Tator Tots	Broccoli	Mixed Veggies	Green Beans	Carrots
	Strawberries	Applesauce	Mixed Fruit	Oranges	Peaches
			WG Noodles w/Red Sauce		
	Brown Rice	WG Bread		Brown Rice	WG Bread
PM Snack: * (select 2 items) Milk Meat/Meat Alt. Juice/Fruit/Veg. Bread/Grain	Milk			Milk	
		Apple Juice			
		Salsa	Apple Juice		Apple Juice
	Cheese Crackers	WG Tortilla Chips	Chex Mix	Graham Crackers	Popcorn/Goldfish

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Breakfast: Milk Juice/Fruit/Veg. Bread/Grain Other	Milk	Milk	Milk	Milk	Milk
	Peaches	Apple Slices	Oranges	Bananas	Mixed Fruit
	Cereal	Pancakes	Cereal	Bagels	Waffles
		Syrup		Butter	Syrup
Lunch: Milk Meat/Meat Alt. Juice/Fruit/Veg. Juice/Fruit/Veg. Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Meatloaf	Beef Patties	Turkey Sausage	Chicken Nuggets	Pizza
	Corn	Green Beans	Tator Tots	Carrots	Mixed Veggies
	Apple Slices	Peaches	Applesauce	Strawberries	Oranges
	Mac N Cheese w/WG Noodles	Brown Rice w/Butter	WG French Toast	WG Bread	WG Crust
PM Snack: * (select 2 items) Milk Meat/Meat Alt. Juice/Fruit/Veg. Bread/Grain		Water		Water	Milk
		Yogurt		Cheese Slices	
	Apple Juice	Bananas	Apple Juice		
	WG Pretzels		Goldfish	WG Crackers	Graham Crackers

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Breakfast: Milk	Milk	Milk	Milk	Milk	Milk
Juice/Fruit/Veg.	Mixed Fruit	Applesauce	Bananas	Oranges	Peaches
Bread/Grain	Cereal	French Toast	Muffins	Cereal	Pancakes
Other		Syrup			Syrup
Lunch: Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt.	Grilled Cheese	Fish Sticks	Chicken Nuggets	Turkey Meatballs	Meatloaf
Juice/Fruit/Veg.	Carrots	Green Beans	Mixed Veggies	Broccoli	Corn
Juice/Fruit/Veg.	Oranges	Peaches	Strawberries	Mixed Fruit	Applesauce
Bread/Grain	WG Bread	WG Butter Noodles	Brown Rice w/Butter	WG Noodles w/Red Sauce	WG Bread
PM Snack: * (select 2 items) Milk	Water			Water	Milk
Meat/Meat Alt.					
Juice/Fruit/Veg.	Bananas	Apple Juice	Apple Juice	Bananas	
Bread/Grain	Graham Crackers	Chex Mix	WG Pretzels	Goldfish	Cheese Crackers

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Breakfast: Milk Juice/Fruit/Veg. Bread/Grain Other	Milk	Milk	Milk	Milk	Milk
	Peaches	Mixed Fruit	Bananas	Oranges	Apple Slices
	Cereal	Waffles	Cereal	Pancakes	Bagels
		Syrup		Syrup	Butter
Lunch: Milk Meat/Meat Alt. Juice/Fruit/Veg. Juice/Fruit/Veg. Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Turkey Sausage	Chicken Nuggets	Pizza	Beef Patties	Fish Sticks
	Tator Tots	Mixed Veggies	Carrots	Green Beans	Corn
	Bananas	Oranges	Peaches	Mixed Fruit	Strawberries
	WG French Toast	Mac N Cheese w/WG Noodles	WG Crust	Brown Rice	WG Bread
PM Snack: * (select 2 items) Milk Meat/Meat Alt. Juice/Fruit/Veg. Bread/Grain		Water			Water
		String Cheese			Yogurt
	Apple Juice		Salsa	Apple Juice	
	Cheese Its	WG Crackers	WG Tortilla Chips	Popcorn/Goldfish	Graham Crackers

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