



Dates: _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Banana	Peaches	Oranges	Pears	Mixed Fruit
Bread/Grain	Frosted Flakes	Bagels	Yogurt	Corn Bread	Apple Jacks
Lunch: Milk	Milk	Milk	Milk	Milk	Milk
Meat/Alt.	CN Chicken Nuggets	WG Chicken Corn Dogs	WG Pizza	Chicken & Cheese Quesadilla	Beef Rib Patty
Veg.	Corn	Broccoli	Carrots	Green Beans	Peas & Carrots
Fruit	Strawberries	Bananas	Apple Sauce	Peaches	Oranges
Bread/Grain	WG Bread	WG Butter Noodles	WG Pizza Crust	Brown Rice	WG Mac & Cheese
PM Snack: * (select 2 items) Milk	Milk			Milk	
Meat/Alt.			Cheese Cubes		
Juice/Fruit		Apple Juice			Apple Juice
Bread/Grain	Animal Crackers	Pretzels	Tortilla Chips	Graham Crackers	Cheese-Itz

*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 Fruit Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Mixed Fruit	Strawberries	Peaches	Oranges	Pears
	Yogurt	Honey Cheerios	Corn Bread	Life Cereal	Pancakes
Lunch: Milk Meat/Alt. Veg. Fruit Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Beef Crumbles	CN Chicken Nuggets	WG Pizza	Grilled Chicken Pcs	Meat Loaf Patty
	Broccoli	Green Beans	Peas & Carrots	Tator Tots	Corn
	Oranges	Apple Sauce	Pears	Mixed Fruit	Peaches
	WG Pasta w/ Red Sauce	Cheesy Brown Rice	WG Pizza Crust	WG Mac & Cheese	Couscous
PM Snack: * (select 2 items) Milk Meat/Alt. Juice/Fruit Bread/Grain			Milk		Milk
	Cheese Cubes				
		Apple Juice		Apple Juice	
	Pretzels	Cheese-Itz	Rice Cakes	Ritz Cheese Crackers	Chex Mix

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Breakfast: Milk Fruit Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Pears	Bananas	Mixed Fruit	Peaches	Oranges
	Apple Jacks	Muffins	Yogurt	Waffles	Honey Cheerios
Lunch: Milk Meat/Alt. Veg. Fruit Bread/Grain	Milk	Milk	Milk	Milk	Milk
	WG Pizza	Meatloaf Patty	Sausage Patty	WG Chicken Corn Dogs	WG Motz Sticks
	Corn	Broccoli	Tator Tots	Green Beans	Carrots
	Bananas	Peaches	Apple Sauce	Mixed Fruit	Strawberries
	WG Pizza Crust	WG Bread	WG French Toast	Cheesy Brown Rice	WG Butter Noodles
PM Snack: * (select 2 items) Milk Meat/Alt. Juice/Fruit Bread/Grain		Milk			
	Yogurt			Cheese Cubes	
			Apple Juice		Apple Juice
	Graham Crackers	Ritz Cheese Crackers	Goldfish Crackers	WG Crackers	Animal Crackers

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Breakfast: Milk Fruit Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Strawberries	Peaches	Pears	Mixed Fruit	Oranges
	Corn Bread	Frosted Flakes	Waffles	Muffins	Bagels
Lunch: Milk Meat/Alt. Veg. Fruit Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Grilled Chicken	WG Motz Sticks	Beef Crumbles	CN Chicken Nuggets	Turkey Hot Dogs
	Carrots	Green Beans	Broccoli	Tator Tots	Corn
	Mixed Fruit	Oranges	Peaches	Apple Sauce	Strawberries
	WG Mac & Cheese	Brown Rice	WG Pasta w/Red Sauce	Couscous	WG Bread
PM Snack: * (select 2 items) Milk Meat/Alt. Juice/Fruit Bread/Grain			Milk		
				Yogurt	Cheese Cubes
	Apple Juice	Bananas			
	Chex Mix	Goldfish	Rice Cakes	Graham Crackers	Pretzels

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Breakfast: Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Oranges	Mixed Fruit	Peaches	Strawberries	Pears
Bread/Grain	Life Cereal	Pancakes	Frosted Flakes	Bagels	Muffins
Lunch: Milk	Milk	Milk	Milk	Milk	Milk
Meat/Alt.	Beef Rib Patty	Turkey Hot Dogs	Chicken & Cheese Quesadilla	Beef Ravioli	CN Chicken Nuggets
Veg.	Green Beans	Tator Tots	Corn	Broccoli	Carrots
Fruit	Strawberries	Pears	Oranges	Peaches	Bananas
Bread/Grain	WG Bread	WG Mac & Cheese	Brown Rice	Pasta	WG Butter Noodles
PM Snack: * (select 2 items) Milk	Milk				
Meat/Alt.		Cheese Cubes			
Juice/Fruit			Apple Juice	Bananas	Apple Juice
Bread/Grain	Cheese-Itz	Tortilla Chips	Animal Crackers	Pretzels	Goldfish

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Breakfast: Milk Fruit Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Bananas	Peaches	Mixed Fruit	Oranges	Pears
	Honey Cheerios	Muffins	Bagels	Waffles	Apple Jacks
Lunch: Milk Meat/Alt. Veg. Fruit Bread/Grain	Milk	Milk	Milk	Milk	Milk
	Beef Ravioli	Beef Crumbles	Turkey Hot Dogs	WG Motz Sticks	Sausage Patty
	Corn	Carrots	Green Beans	Broccoli	Tator Tots
	Apple Sauce	Bananas	Strawberries	Mixed Fruit	Peaches
	WG Mac & Cheese				WG French Toast
PM Snack: * (select 2 items) Milk Meat/Alt. Juice/Fruit Bread/Grain					
	Milk			Milk	
			Yogurt		Cheese Cubes
		Apple Juice			
	Animal Crackers	Goldfish	Graham Crackers	Ritz Cheese Crackers	WG Crackers

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