

Monday	Tuesday	Wednesday	Thursday	Friday
A.M.Snack: 2 of 5 components	A.M.Snack: 2 of 5 components	A.M.Snack: 2 of 5 components	A.M.Snack: 2 of 5 components	A.M.Snack: 2 of 5 components
Breakfast: Scrambled Eggs	Breakfast: Raisin Bran Cereal	Breakfast: Oatmeal	Breakfast: Wheat Pancakes	Breakfast: Oat Cereal
M/MA: Eggs	M/MA:	M/MA:	M/MA:	M/MA:
F/V: Banana	F/V: Apples	F/V: Oranges	F/V: Diced Peaches	F/V: Bananas
G/B: Wheat Toast	G/B: Raisin Bran	G/B: Oatmeal	G/B: Wheat Pancakes	G/B: Oat Cereal
Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*
Lunch: Chicken Noodle Soup	Lunch: BLT'S	Lunch: Cheese Quesadillas	Lunch: Meatloaf & Macaroni and Cheese	Lunch: Baked Beans and Hot Dogs
M/MA: Chicken	M/MA: Bacon	M/MA:	M/MA: Meatloaf	M/MA: Beef Hot Dogs
F: Watermelon	F: Diced Pears	F: Sliced Apples	F: Orange Slices	F: Mixed Fruit
V: Carrots	V: Corn	V: Cauliflower	V: Mixed Vegetables	V: Green Peas
G/B: Wheat Crackers	G/B: Wheat Bread	G/B: Wheat Taco Shells	G/B: Wheat Macaroni	G/B: Baked Beans
Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*
Snack: Rice Cakes	Snack: Goldfish	Snack: Vanilla Wafers	Snack: Cheese Cubes	Snack:Yogurt
Serve 2 of 5 components	Serve 2 of 5 components	Serve 2 of 5 components	Serve 2 of 5 components	Serve 2 of 5 components
M/MA:	M/MA:	M/MA:	M/MA: Cheese	M/MA:Yogurt
F/V: Diced Peaches	F/V: Grapes	F/V: Mixed Fruit	F/V:	F/V:
G/B: Rice Cakes	G/B: Goldfish	G/B: Vanilla Wafers	G/B: Wheat Crackers	G/B: Granola
Other: 100% Fruit Juice	Other: 100% Fruit Juice	Other: Water	Other: 100% Fruit Juice	Other: Water
M/MA: Meat/Meat Alternate -- may be served in place of the entire grains component at breakfast a maximum of 3 times/week.				
F: Fruit -- may substitute fruit with an additional serving of vegetable at lunch and supper.				
V: Vegetable -- when two vegetables are served, they must be two different kinds of vegetables.				
G/B: Grain/Bread -- at least one serving of grains per day must be whole grain (WG) rich.				
*Milk: Age 1 yr.-unflavored whole milk; 2-5 yrs.-unflavored low-fat milk or unflavored fat-free milk; 6 yrs+ - unflavored low-fat milk or unflavored fat-free milk or flavored fat-free milk.				
Other: Additionl items served but not necessary to meet meal pattern requirements.				