

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: Bagels	Breakfast: Turkey Sausage	Breakfast: Oat Cereal	Breakfast: French Toast	Breakfast: Oatmeal
M/MA:	M/MA: Turkey Sausage	M/MA:	M/MA: French Toast	M/MA:
F/V: Pineapples	F/V: Orange Slices	F/V: Bananas	F/V: Apples	F/V: Diced Peaches
G/B: Wheat Bagels	G/B: Wheat Toast	G/B: Oat Cereal	G/B: Wheat Bread	G/B: Oatmeal
Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*
Lunch: Grilled Cheese Sandwiches	Lunch: Pork Loin & Mash Potatoes	Lunch: Chicken & Rice Casserole	Lunch: Ham Sandwiches	Lunch: Beef Tacos
M/MA: Cheese	M/MA: Pork Loin	M/MA: Chicken	M/MA: Ham	M/MA: Ground Beef
F: Sliced Apples	F: Grapes	F: Watermelon	F: Oranges	F: Cantalope
V: Carrots	V: Green Peas	V: Broccoli	V: Corn	V: Cucumber Salad
G/B: Wheat Bread	G/B: Mash Potatoes	G/B: Brown Rice	G/B: Wheat Bread	G/B: Flour Tortilla Shells
Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*

Snack: Chips & Salsa	Snack: Graham Crackers	Snack: Cheese Cubes	Snack: Pretzels	Snack: Cookies
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: Salsa	M/MA:	M/MA: Cheese	M/MA:	M/MA:
F/V:	F/V:	F/V: Strawberries	F/V:	F/V:
G/B: Tortilla Chips	G/B: Graham Crackers	G/B: Wheat Crackers	G/B: Pretzels	G/B: Cookies
Other: 100% Fruit Juice	Other: Whole or 1%	Other: 100% Fruit Juice	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: Additional items served but not necessary to meet meal pattern requirements.