



Meal Pattern for BREAKFAST <i>Must include all 3 components</i>	Date: 6/21/21 Cereal	Date: 6/22/21 Toast	Date: 6/23/21 Waffles	Date: 6/24/21 Pancakes	Date: 6/25/21 Biscuits & Gravy
Milk -minimum 1 cup or 8 oz -may be served over cereal	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk
Fruit/Veg/Juice -minimum ½ cup or 4 oz -juice must be 100%	½ Banana	½ C Fruit Cocktail	½ C Peaches	½ C Pears	½ C Applesauce
Grain/bread -minimum 1 slice or serving -dry cereal: ¾ cup or 1 oz -cooked cereal: ½ cup	1 C Cereal	2 Slices Bread	2 Waffles	2 Pancakes	1 Biscuit
Other Foods (extra items served – not required. Does not count as one of the 3 required components)		Butter, PB, Jelly		Butter, Syrup, PB	Gravy, Jelly
Meal Pattern for LUNCH <i>Must include all 5 components</i>	Date: 6/21/21 BBQ Beans	Date: 6/22/21 Tacos	Date: 6/23/21 Spaghetti	Date: 6/24/21 Chef Salad	Date: 6/25/21 Chicken Bake
Milk -minimum 1 cup or 8 oz	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk
Fruit or Vegetable -serve at least 2 different varieties -total of fruits &/or vegetables must be at least ¾ cup.	½ C Green Beans	½ C Corn	½ C Carrots	½ C Salad	½ C Carrot Sticks
	¼ C Pears	¼ C Pineapple	¼ C Peaches	¼ C Oranges	¼ C Apples
Grain/bread -minimum 1 slice or serving	1 piece Bread	1 Tortilla	½ C pasta	1 Piece Bread	1 Tortilla
Meat/meat alternate -min. 2 oz meat or cheese -min. 1 egg -min. ½ cup cooked beans -min. 1 cup yogurt -min. 4 tbsp peanut butter*	½ C Beans	2 oz Beef	2 oz Beef	2 oz Ham	2 oz Chicken
Other Foods (extra items served – not required. Does not count as one of the 5 required components)					

*Must serve an additional Meat/Meat alternate with peanut butter.