

Breakfast Meal Pattern

Program Name: _____

Month: JAN. 2013

Week: 1

Meal Pattern	Monday... Cereal	Tuesday 1 Cottage Cheese & Toast	Wednesday 2 Egg & Hash Browns	Thursday 3 Ham & Cheese Biscuit	Friday 4 Eggs & Muffin	Saturday 5 Sausage Burrito	Sunday 6 Cereal
Meat or Alternate 2 ounces cooked	2 oz. Peanut Butter	2 oz. Cottage Cheese	1 Hard Boiled Egg 1 oz. Cheese Stick	2 oz Ham	2 Hard Boiled Eggs	1 oz. sausage 1 egg	1 hard boiled egg 1 oz. cheese
Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate	4 oz. Tomato Juice	4 oz. V-8 Juice	4 oz. Tomato Juice	2 oz. Cheese	4 oz. Tomato Juice	4 oz. salsa	4 oz. Tomato juice
Bread or Alternate 1 1/2 Servings includes starchy vegetables	1/2 Slice Toast 4oz. Cereal	1-1/2 Slice Toast	1/2 Slice toast 4 oz. Hash brown Patty	1 large Biscuit	1 large Muffin	8" Tortilla	1/2 english Muffin 1/2 cup Cereal
Milk 1 Serving	8 oz. milk	8 oz. milk	8 oz. milk	8 oz. milk	8 oz. milk	8 oz. milk	8 oz. milk
Fats 1 teaspoon	1 tsp. Jelly	1 tsp. Jelly	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Jelly

Approved By : Jennifer Gilmore RD, LD 1/8/13

Breakfast Meal Pattern

Program Name: _____

Month: JAN. 2013

Week: 2

Meal Pattern	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
	Cereal	Egg & Cheese Burrito	Cereal	Sausage Burrito	Cereal	Cottage Cheese & Toast	Egg & Hash Brown
Meat or Alternate 2 ounces cooked	2 oz. Peanut Butter	1 oz. Cheese 1 egg	2 oz. Cheese	1 oz. Sausage 1 egg	1 Hard Boiled Egg 1 oz. Cheese	2 oz. Cottage Cheese	1 Hard Boiled Egg 1 oz. Cheese Stick
Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate	4 oz. Tomato Juice	2 oz. Green Chili 2 oz. diced onions	4 oz. V-8	4 oz. Salsa	4 oz. Tomato Juice	4 oz. V-8 Juice	4 oz. Tomato Juice
Bread or Alternate 1 1/2 Servings includes starchy vegetables	1/2 Slice Toast 4 oz. Cereal	8" Tortilla	6 oz. Cereal	8 " Tortilla	1/2 English Muffin 4 oz. Cereal	1-1/2 slice Toast	1/2 slice Toast 4 oz. Hash Brown Patty
Milk 1 Serving	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk
Fats 1 teaspoon	1 tsp. Jelly	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Jelly	1 tsp. Jelly	1 tsp. Margarine
Approved By : Jennifer Gilmore RD, LD 1/8/13							

Breakfast Meal Pattern

Program Name: _____

Month: JAN. 2013

Week: 3

Meal Pattern	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
	Cereal	Bacon Burrito	Cereal	Cottage Cheese & Toast	Cereal	Ham & Cheese	Egg & Muffin
Meat or Alternate 2 ounces cooked	2 oz. Peanut Butter	1 egg 1 oz. Cheese	2 oz. Cheese	2 oz. Cottage Cheese	1 Hard Boiled Egg 1 oz. Cheese	2 oz. Ham	2 Hard Boiled Eggs
Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate	4 oz. Tomato Juice	4 oz. Salsa	4 oz. V-8	4 oz. V-8 Juice	4 oz. Tomato Juice	2 oz. Cheese	4 oz. Tomato Juice
Bread or Alternate 1 1/2 Servings includes starchy vegetables	1/2 Slice Toast 4 oz. Cereal	8" Tortilla	6 oz. Cereal	1-1/2 Slice Toast	1/2 English Muffin 4 oz. Cereal	1 large Biscuit	1 large Muffin
Milk 1 Serving	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk
Fats 1 teaspoon	1 tsp. Jelly	1 slice Bacon	1 tsp. Margarine	1 tsp. Jelly	1 tsp. Jelly	1 tsp. Margarine	1 tsp. Margarine
Approved By : Jennifer Gilmore RD, LD 1/8/13							

Breakfast Meal Pattern

Program Name: _____

Month: JAN. 2013

Week: 4

	Monday...21	Tuesday...22	Wednesday...23	Thursday...24	Friday...25	Saturday...26	Sunday...27
Meal Pattern	Cereal	Ham & Cheese Biscuit	Egg & Potatoes	Bacon Burrito	Cereal	Cereal	Egg & Hash Browns
Meat or Alternate 2 ounces cooked	2 oz. Peanut Butter	2 oz. Ham	1 Hard Boiled Egg 1 oz. Cheese	1 Egg 1 oz. Cheese	1 oz. Cheese Stick 1 oz. Peanut Butter	2 oz. Cheese	1 Hard Boiled Egg 1 oz. Cheese Stick
Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate	4 oz. Tomato Juice	2 oz. Cheese	4 oz. Tomato Juice	4 oz. Salsa	4 oz. Tomato Juice	4 oz. V-8	4 oz. Tomato Juice
Bread or Alternate 1 1/2 Servings includes starchy vegetables	1/2 Slice Toast 4 oz. Cereal	1 large Biscuit	1/2 English Muffin 4 oz. Hash brown Potatoes	8" Tortilla	1/2 Slice Toast 4 oz. Cereal	6 oz. Cereal	1/2 slice Toast 4 oz. Hash Brown Patty
Milk 1 Serving	8 oz. Milk	8 oz. Milk	8 oz. Yogurt	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk
Fats 1 teaspoon	1 tsp. Jelly	1 tsp. Margarine	1 tsp. Jelly	1 slice Bacon	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Margarine

Approved By : Jennifer Gilmore RD, LD 1/8/13

Breakfast Meal Pattern

Program Name: _____

Month: JAN. 2013

Week: 5

Meal Pattern	Monday...28 Cereal	Tuesday...29 Oatmeal	Wednesday...30 Cereal	Thursday...31 Egg & Cheese Burrito	Friday .. Eggs & Muffin
Meat or Alternate 2 ounces cooked	2 oz. Peanut Butter	2 oz. Diced Ham	2 oz. Cheese	1 oz. Cheese 1 egg	2 Hard Boiled Eggs
Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate	4 oz. Tomato Juice	4 oz. V-8	4 oz. Tomato Juice	2 oz. Green Chili 2 oz. diced onions	4 oz. Tomato Juice
Bread or Alternate 1 1/2 Servings includes starchy vegetables	1/2 Slice Toast 4 oz. Cereal	6 oz. Oatmeal	1/2 English Muffin 4 oz. Cereal	8" Tortilla	1 large Muffin
Milk 1 Serving	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk
Fats 1 teaspoon	1 tsp. Jelly	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Margarine

SATURDAY....	SUNDAY...	MONDAY...
Cottage Cheese & Toast	Egg & Hash Browns	Bacon Burrito
2 oz. Cottage Cheese	1 Hard Boiled Egg 1 oz. Cheese Stick	1 Egg 1 oz. Cheese
4 oz. V-8 Juice	4 oz. Tomato Juice	4 oz. Salsa
1-1/2 Slice Toast	1/2 slice toast 4 oz. Hash brown Patty	8" Tortlla
8 oz. Milk	8 oz. Milk	8 oz. Milk
1 tsp. Jelly	1 tsp. Margarine	1 slice Bacon

Approved By : Jennifer Gilmore RD, LD 1/8/13