	Breakfast Meal Pa	atterr	า			
Program Name:	Month:		JAN. 2013	Week:	1	

	Monday	Tuesday 1	Wednesday 2	Thursday 3		Saturday 5	Sunday 6	
Meal Pattern	Cereal	Cottage Cheese & Toast	Egg & Hash Browns	Ham & Cheese Biscuit	Eggs & Muffin	Sausage Burrito	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-starcy) 1 Servings may substitute 2 additional		ŭ						
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 SliceToast	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				

	Breakfast	Meal Patte	rn		
Program Name:		Month:	JAN. 2013	Week:	2

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
Meal Pattern	Caracl	Egg & Cheese	Cereal	Coupogo Burrito	Cornel	Cottage Cheese &	
wear Pattern	Cereal	Burrito	Cereal	Sausage Burrito	Cereal	Toast	Egg & Hash Brown
Meat or Alternate		1 oz. Cheese		1 oz .Sausage	1 Hard Boiled Egg		1 Hard Boiled Egg
2 ounces cooked	2 oz. Peanut Butter	1 egg	2 oz. Cheese	1 egg	1 oz. Cheese	2 oz. Cottage Cheese	1 oz. Cheese Stick
Vogetables (non store)							
Vegetables (non-starcy) 1 Servings							
may substitute 2 additional		2 oz. Green Chili					
ounces of meat alternate	4 oz. Tomato Juice	2 oz. Green Chill 2 oz. diced onions	4 oz. V-8	4 oz. Salsa	4 oz. Tomato Juice	4 oz. V-8 Juice	4 oz. Tomato Juice
- Carrott Circuit Circuit	1 02. Tomato Galeo		1 02. 7 0	1 02. 00.00	1 oz. Tomato dalec	102. 1 0 00.00	1 02. Tomato dalo
Bread or Alternate							1/2 slice Toast 4
1 1/2 Servings	1/2 Slice Toast				1/2 English Muffin		oz. Hash Brown
includes starchy vegetables	4 oz. Cereal	8" Tortilla	6 oz. Cereal	8 " Tortilla	4 oz. Cereal	1-1/2 slice Toast	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
						pproved By : Jennifer G	

Breakfast Meal Pattern

Program Name:	Month:	JAN. 2013	Week:	3
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	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20	
Meal Pattern	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-starcy) 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. Margerine	
				Approved By : Jennifer Gilmore RD, LD				

Breakfast Meal Pattern	

Program Name:	Month: JAN. 2013	Week: 4

	Monday21	Tuesday22	Wednesday23	Thursday24	Friday25	Saturday26	Sunday27
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-starcy) 1 Servings may substitute 2 additional ounces of meat alternate	Ass Taxable 1:	Our Observ	4 T4- 1	A on Onles	, T	4	A T
ounces of meat afternate	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" Tortlla	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
					Арр	roved By : Jennifer Gi	Imore RD, LD 1/8/13

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Program Name:	Month:	JAN. 2013	Week:	5	

	Monday28	Tuesday29	Wednesday30	Thursday31	Friday
Meal Pattern	Cereal	Oatmeal	Cereal	Egg & Cheese Burrito	Eggs & Muffin
Wedi i diteiii	Cerear	Oatmeai	Cerear	Durito	& Mailli
Meat or Alternate				1 oz. Cheese	
2 ounces cooked	2 oz. Peanut Butter	2 oz. Diced Ham	2 oz. Cheese	1 egg	2 Hard Boiled Eggs
Vegetables (non-starcy)					
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
ounces of meat afternate	4 02. Torriato Juice	4 UZ. V-0	4 02. Torriato Juice	2 02. diced officials	4 02. Tomato Juice
Bread or Alternate					
1 1/2 Servings	1/2 Slice Toast		1/2 English Muffin		
includes starchy vegetables	4 oz. Cereal	6 oz. Oatmeal	4 oz. Cereal	8" Tortilla	1 large Muffin
BASIL					
Milk 1 Serving	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk
1 Serving	O UZ. IVIIIK	O UZ. IVIIIK	O UZ. IVIIIK	O UZ. IVIIIK	O UZ. IVIIIK
Fats					
1 teaspoon	1 tsp.Jelly	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Margarine	1 tsp. Margarine

SATURDAY	SUNDAY	MONDAY	
Cottage Cheese	Egg		
& Toast	& Hash Browns	Bacon Burrito	
2 oz Cottago Chooso	1 Hard Boiled Egg 1 oz. Cheese Stick	1 Egg 1 oz. Cheese	
2 oz. Cottage Cheese	1 02. Cheese Stick	1 02. 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