

# Little Explorers Montessori USDA Menu Example

BREAKFAST	Child Meal Pattern Food Components	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MILK	MILK	MILK	MILK	MILK	MILK
	Vegetable / Fruit / Juice	Apples (c)	Bananas (c)	Apples (c)	Bananas (c)	Apples (c)
	Grains / Bread / Meat / Meat Alternative	Honey Kix	Alpha - Bits	French Toast	Honey Kix	Honey Bunches of Oats
LUNCH	MILK	MILK	MILK	MILK	MILK	MILK
	Meat / Meat Alternative	Tuna Salad	Sliced Turkey w/ Cheese	Chicken Salad	Grilled Cheese	Peanut Butter w/cheese slice
	Vegetable	Cherry Tomatoes (a)	Romaine Lettuce (a)	Cucumbers (a)	Cherry Tomatoes (a)	Carrots (a)
	Vegetable / Fruit	Mandarin Oranges (a)	Pineapple (c)	Grapes, sliced	Pears (c)	Mandarin Oranges (a)
	Grains / Bread	WG Bread	WG Bread	WG Bread	WG Bread	WG Bread
SNACK	Milk / Meat / Meat Alternative/ Vegetable / Fruit / Grains / Bread	Orange Slices (c)	Apples (c)	Orange Slices (c)	Chex Mix	100% Green Watermelon Juice
	Milk / Meat / Meat Alternative/ Vegetable / Fruit / Grains / Bread	Chex Mix	Peanut Butter	Ritz Crackers	100% Green Watermelon Juice	Plain Tortilla WG Chips