

New Meal Pattern SOS Menu – CHILD

5 weeks of menus to simplify menu planning- complete with shopping guide!

Week 1

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	Pears	Grapes	Oranges	Banana	Apples
	Grain/MMA	French Toast**	Cereal**	Yogurt	Oatmeal**	Eggs
AM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Pretzels	Banana	Crackers**	Raw Veggies	Mixed Fruit
		Yogurt	Milk	Apples	Cottage Cheese	Cereal Trail Mix**
Lunch	Milk	Milk	Milk	Milk	Milk	Milk
	M/MA	Hamburger	Turkey Sandwich	Chicken Legs	HM Bean Chili	Tuna Melt
	Veg	Tator Tots	Broccoli	Green Beans	Corn	Peas
	Fruit or 2 nd Veg	Mixed Fruit	Orange Wedges	Celery	Mandarin Oranges	Pineapple
	Grain	Bun**	Bread**	Biscuit	Crackers**	Bread**
PM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Carrots	Cheese	Cereal**	Banana Bread	Cucumber/Broccoli
		Milk	Crackers**	Milk	Milk	String Cheese

** = WGR possible meals/snacks



Week 2

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	Peaches	Hashbrowns	Banana	Pears	Apples
	Grain/MMA	Blueberry Muffin	Hard Boiled Egg	Cereal**	Pancakes**	Peanut Butter

AM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Applesauce Crackers**	Milk Pineapple	String Cheese Carrots	Goldfish Crackers** Milk	Yogurt Crackers**
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Lunch	Milk	Milk	Milk	Milk	Milk	Milk
	M/MA	Turkey Joes	Grilled Cheese/ Yogurt	Chicken Tacos	HM Baked Meatballs	Chicken
	Veg	Potatoes	Tomato Soup	Black Beans	Tomato Sauce	Green Beans
	Fruit or 2 nd Veg	Orange Wedges	Apples	Mandarin Oranges	Mixed Fruit	Corn
	Grain	Bun**	Bread**	Flour Tortillas**	Pasta**	Bun**

PM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Cereal** Milk	Salsa Whole Grain Tortilla Chips**	Pretzels Milk	Cottage Cheese Cucumbers	Grapes Milk
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** = WGR possible meals/snacks

Week 3

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	Banana	Apples	Pineapple	Blueberries	Oranges
	Grain/MMA	Yogurt	Toast**	Cottage Cheese	Oatmeal**	Cereal**

AM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Pears String Cheese	Cereal** Milk	Toast** Yogurt	Pea Pods Biscuit**	Cheese Crackers**
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Lunch	Milk	Milk	Milk	Milk	Milk	Milk
	M/MA	Chicken	Tuna Salad	Eggs	Grilled Ham & Cheese	HM Beef Stew
	Veg	Mixed Vegetables	Broccoli	Hashbrowns	Green Beans	Carrots
	Fruit or 2 nd Veg	Peaches	Banana	Oranges	Melon	Mixed Fruit
	Grain	Bread**	Bread**	Pancakes**	Bread**	Bread Stick

PM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Apple Muffins** Milk	Carrot Sticks Crackers**	Celery Peanut Butter	Pretzels Apples	Broccoli Milk
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** = WGR possible meals/snacks

Week 4

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	Pears	Banana	Apples	Grapes	Peaches
	Grain/MMA	Cereal**	French Toast**	Blueberry Muffin**	Yogurt**	Eggs

AM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Cheese Crackers**	Milk Cereal**	Pineapple Raisin Toast	Crackers** Peanut Butter	Broccoli Milk**
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Lunch	Milk	Milk	Milk	Milk	Milk	Milk
	M/MA	Chicken	HM Baked Meatballs	HM Chicken Casserole	Egg Salad	Roast Turkey
	Veg	Potato Wedges	Corn	Peas	Green Beans	Tator Tots
	Fruit or 2 nd Veg	Carrots	Applesauce	Mandarin Oranges	Mixed Fruit	Mixed Vegetables
	Grain	Bun**	Biscuit**	Brown Rice**	Pita Bread	Bread**

PM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Milk Apples	Celery Cottage Cheese	Mixed Fruit Hard Boiled Eggs	Orange Wedges String Cheese	Yogurt Pears
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** = WGR possible meals/snacks

Week 5

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	Pineapple	Banana	Oranges	Apples	Peaches
	Grain/MMA	English Muffin**	Peanut Butter Toast	Eggs	Banana Muffin	Oatmeal**

AM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Mixed Fruit Milk	String Cheese Crackers**	Raw Veggies Hummus	Cereal** Milk	Peanut Butter Crackers**
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Lunch	Milk	Milk	Milk	Milk	Milk	Milk
	M/MA	HM Chicken Tenders	Turkey Burger	Black Bean Quesadilla	Ham & Cheese Sandwich	Hamburger
	Veg	Mashed Potatoes	Cucumbers	Corn	Baked Beans	Tomato Sauce
	Fruit or 2 nd Veg	Carrots	Mandarin Oranges	Melon	Pears	Green Beans
	Grain	Bread	Bun**	Flour Tortilla**	Bread**	Pasta**

PM Snack	Choose 2 of 5 (Milk, Veg, Fruit, Grain, MMA)	Salsa Whole Grain Tortilla Chips**	Grapes Milk	Pretzels Cheese Cubes	Celery Peanut Butter	Yogurt Apples
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** = WGR possible meals/snacks

Shopping Guide

<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>
<p><u>Dairy</u> Cheese- 2 times Cottage Cheese Eggs- 2 times String Cheese Yogurt- 2 times Milk- 14 times</p> <p><u>Meats/ Meat Alternates</u> Black Beans (Chili) Chicken Legs Ground Beef Tuna Turkey</p> <p><u>Grains</u> Banana Bread Bread- 3 times Biscuits Buns Cereal- 3 times Crackers- 3 times Oatmeal Pretzels</p> <p><u>Fruits</u> Apples- 2 times Banana- 2 times Grapes Mandarin Oranges Mixed Fruit- 2 times Oranges- 2 times Pears Pineapple</p> <p><u>Vegetables</u> Broccoli- 2 times Carrots Celery Corn Cucumbers Green Beans Peas Raw Veggies Tator Tots</p>	<p><u>Dairy</u> Cheese Cottage Cheese Eggs String Cheese Yogurt- 2 times Milk- 15 times</p> <p><u>Meats/ Meat Alternates</u> Chicken- 2 times Ground Beef Ground Turkey Peanut Butter</p> <p><u>Grains</u> Blueberry Muffins Bread Buns- 2 times Cereal- 2 times Crackers- 2 times Flour Tortillas Goldfish Crackers Pancake Mix Pasta Pretzels Whole Grain Tortilla Chips</p> <p><u>Fruits</u> Apples- 2 times Applesauce Bananas Grapes Mandarin Oranges Mixed Fruit Oranges Peaches Pears Pineapple</p> <p><u>Vegetables</u> Black Beans Carrots Corn Cucumbers Green Beans Hashbrowns Potatoes Salsa Tomato Sauce Tomato Soup</p>	<p><u>Dairy</u> Cheese- 2 times Cottage Cheese Eggs String Cheese Yogurt- 2 times Milk- 13 times</p> <p><u>Meats/ Meat Alternates</u> Beef Stew Meat Chicken Ham Peanut Butter Tuna</p> <p><u>Grains</u> Apple Muffins Bread- 5 times Breadsticks Biscuits Cereal- 2 times Crackers- 2 times Oatmeal Pancake Mix Pretzels</p> <p><u>Fruits</u> Apples- 2 times Banana- 2 times Blueberries Melon Mixed Fruit Oranges- 2 times Pineapple Peaches Pears</p> <p><u>Vegetables</u> Broccoli- 2 times Carrots- 2 times Celery Green Beans Hashbrowns Mixed Vegetables Pea Pods</p>	<p><u>Dairy</u> Cheese Cottage Cheese Eggs- 4 times String Cheese Yogurt- 2 times Milk- 13 times</p> <p><u>Meats/ Meat Alternates</u> Chicken- 2 times Ground Beef Peanut Butter Turkey</p> <p><u>Grains</u> Biscuits Blueberry Muffins Bread- 2 times Brown Rice Buns Cereal- 2 times Crackers- 2 times Pita Bread Raisin Bread</p> <p><u>Fruits</u> Apples- 2 times Applesauce Bananas Grapes Mandarin Oranges Mixed Fruit- 2 times Oranges Peaches Pears- 2 times Pineapple</p> <p><u>Vegetables</u> Broccoli Carrots Celery Corn Green Beans Mixed Vegetables Peas Potatoes Tator Tots</p>	<p><u>Dairy</u> Cheese- 3 times Eggs Hummus String Cheese Yogurt Milk- 13 times</p> <p><u>Meats/ Meat Alternates</u> Black Beans Baked Beans Chicken Ground Beef Ground Turkey Ham Peanut Butter- 3 times</p> <p><u>Grains</u> Banana Muffins Bread- 3 times Buns Cereal Crackers- 2 times English Muffins Flour Tortillas Oatmeal Pasta Pretzels Whole Grain Tortilla Chips</p> <p><u>Fruits</u> Apples Bananas Grapes Mandarin Oranges Mixed Fruit Melon Oranges Peaches Pears Pineapple</p> <p><u>Vegetables</u> Carrots Celery Corn Cucumber Green Beans Potatoes Raw Veggies Salsa Tomato Sauce</p>