

## Sample Meal Pattern:

### Breakfast:

1% milk	1% milk	1% milk	1% milk	1% milk
Orange juice	Bananas	Mixed fruit	Pineapple	**Apples
Oatmeal	Cold cereal	Pumpkin pancakes	** WW toast with PB	Banana muffin

### Lunch:

1% milk	1% milk	1% milk
Pineapple	Grapes	Mandarin oranges
Cauliflower	Mixed vegetables	Green peas
Beef sloppy joe	Ground turkey	Cottage cheese
Bun	Crescent roll	Biscuit
	Tater Tot Casserole	

### THANKSGIVING

1% milk	1% milk
Cinnamon-roasted apples	Banana
Green beans	Broccoli
Roasted turkey	Chicken
Dinner roll	Pasta
Mashed sweet potatoes	

### Snack:

Apple-cinnamon muffin	Bagel with peanut butter	Yogurt with crushed almonds	**Apples	**Mixed veggies
1% milk	Orange slices	Apple juice	Cheese cutouts	Hummus dip

**\*\*Here are some fun ways to display healthy Thanksgiving-themed snacks and meals for the kids:**

