



Meal Patterns and selections for each menu are based on nutritional guidelines mandated by the USDA's Choose My Plate program and other mandatory state guidelines, with the best interest of the child's nutrition in mind. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information.

## WEEK MENU THREE

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>4/15/2024</u>	Tuesday: Date <u>4/16/2024</u>	Wednesday: Date <u>4/17/2024</u>	Thursday: Date <u>4/18/2024</u>	Friday: Date <u>4/19/2024</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>	Raisin Bread Fresh Berries Whole/ 1% Milk	WG Muffins Juicy Oranges Whole/1% Milk	Waffles Turkey Sausage Whole/1% Milk	Biscuits & jelly Fresh Melons Whole/ 1% Milk	WG Cereal Bananas Whole/ 1% Milk
<b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Whole Grain/ bread</li> <li>Milk, fluid</li> </ul>	Roasted Chicken Stir-fry Vegetables Pineapples Brown Rice Whole/ 1% Milk	BBQ Meatballs Mashed Potatoes Peaches Wheat Rolls Whole/ 1% Milk	Tuna Melts Diced Potatoes Pears Wheat Buns Whole/ 1% Milk	Beef Tacos Black Bean Salad Applesauce Tortilla Whole/ 1% Milk	Cheese Pizza Garden Salad Orange Slices Wheat Crust Whole/ 1% Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>	Ritz Crackers Cheese Cubes	Chex Cereal Low-fat Yogurt	Oatmeal Bars Apple Slices	Cheese It's Crackers Assorted Jell-O	Veggie Straws 100% Juice

### Water will be given throughout the day, and as an additional component at snack.

Children up to age 4 may require texture modification or substitutions of some foods to avoid choking.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

