



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>4/20/2026</u>	Tuesday: Date <u>4/21/2026</u>	Wednesday: Date <u>4/22/2026</u>	Thursday: Date <u>4/23/2026</u>	Friday: Date <u>4/24/2026</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>	WG Cereal  Bananas  Whole/1%/Lactose Milk	Parfait  Mixed Fruit  Whole/1%/Lactose Milk	Blueberry Muffins  Strawberry Applesauce  Whole/1%/ Lactose Milk	Rice Chex  Fresh Berries  Whole/1%/ Lactose Milk	Waffles  Peaches  Whole/1%/Lactose 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>	Vegan Ravioli  Baby Lima Beans Apricots  Naan Bread  Whole/1%/Lactose Milk	Chicken Pot Pie  Peas & Carrots Pears  Pie Crust  Whole/1%/Lactose Milk	Hearty Vegetable Stew  Mixed Vegetables Mandarin Oranges  Grill Cheese Bread  Whole/1%/Lactose Milk	BBQ Turkey  Baked Sweet Potatoes Pineapples  Dinner Rolls  Whole/1%/Lactose Milk	Cheese Pizza  House Salad Mixed Fruit  Pizza Crust  Whole/1%/ Lactose 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>	Sun Butter  Apple Slices	Pretzels / Ritz Crackers  Hummus	Veggie Straws  Fruit Cups	Teddy Grahams  Low-fat Yogurt	Trail Mix  Juicy Oranges

#### 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.)

