



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 for more information.

WEEK FOUR MENU

Menu for children 1 to 12 years old

Meal Components	Monday Date <u>4/22/2024</u>	Tuesday Date <u>4/23/2024</u>	Wednesday Date <u>4/24/2024</u>	Thursday Date <u>4/25/2024</u>	Friday Date <u>4/26/2024</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	Oatmeal Bars Apple Slices Whole/1% Milk	WG Cereal Bananas Whole/1% Milk	Bagels Fresh Melons Whole/1% Milk	Cheese Grits Turkey Sausage Whole/ 1% Milk	French Toast Fresh Berries Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Chicken Nuggets Garden Salad Orange Slices Wheat Rolls Whole/1% Milk	Sun Butter Sandwich Sun Chips / Green Peas Apple Slices Wheat Bread Whole/1% Milk	Chicken Wings Mixed Vegetables Pears Brown Rice Whole/1% Milk	Fish Sticks Mashed Potatoes Mixed Fruit Wheat Roll Whole/ 1% Milk	Pizza Green Beans Pineapples Wheat Crust Whole/ 1% Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Meat or meat alternate 	Cheese It's Crackers 100% Juice	Teddy Grahams Low-fat Yogurt	Animal Crackers Bananas	Fig Bars Apple Slices	Puff Cereal Assorted Jell-O

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.

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