



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 FOUR MENU

### Menu for children 1 to 12 years old

Meal Components	Monday Date <u>4/27/2026</u>	Tuesday Date <u>4/28/2026</u>	Wednesday Date <u>4/29/2026</u>	Thursday Date <u>4/30/2026</u>	Friday Date <u>5/1/2026</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	Turkey Sausage Biscuit Applesauce  Whole/1%/Lactose Milk	Cheese Grits  Peaches  Whole/1%/Lactose Milk	Smothered Potatoes Croissant Mangos  Whole/1%/Lactose Milk	Pancakes  Baked Apples  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>	Fettuccine Alfredo  Broccoli Pears  Naan Break  Whole/1%/Lactose Milk	Chicken Burrito Casserole  Corn/ Peas (Toddler) Pineapples  Tortilla  Whole/1%/Lactose Milk	Meatless Chili Mac  Carrots Mandarin Oranges  Garlic Bread  Whole/1%/Lactose Milk	Chicken Nuggets  Green Beans Apricots  Wheat Bread  Whole/1%/Lactose Milk	Cheese Quesadilla  House Salad Mixed Fruit  Tortilla  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>	Pretzel Crackers  Apple Slices	Animal Crackers  Low-fat Yogurt	Goldfish Crackers  Fruit Cups	Wheat Thins  Cheese Slices	Trail Mix  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.

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