



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>4/28/2025</u>	Tuesday Date <u>4/29/2025</u>	Wednesday Date <u>4/30/2025</u>	Thursday Date <u>5/1/2025</u>	Friday Date <u>5/2/2025</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Fresh Berries Whole / 1% Milk	Cheese Toast Fresh Melons Whole / 1% Milk	WG Buns Bananas Whole / 1% Milk	Cheese Grits Turkey Sausage Whole/ 1% Milk	Biscuits w/ jelly Apple Slices Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Roasted Chicken Stir-fry Vegetables Pineapples Rice Whole / 1% Milk	Meatballs & Gravy Mashed Potatoes Mixed Fruit Wheat Rolls Whole / 1% Milk	Alfredo Pasta Broccoli Applesauce Garlic Bread Whole / 1% Milk	Beef Tacos Black Beans Pears Tortellini Whole/ 1% Milk	Beef Cheeseburgers Mixed Vegetables Peaches Wheat Buns 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 Apple Slices	Vanilla Wafers Bananas	Chex Cereal Low-fat Yogurt	Animal Crackers Juicy Oranges	Banana Chips 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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