



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 FIVE MENU

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>4/29/2024</u>	Tuesday: Date <u>4/30/2024</u>	Wednesday: Date <u>5/1/2024</u>	Thursday: Date <u>5/2/2024</u>	Friday: Date <u>5/3/2024</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>	English Muffins Apple Slices Whole/ 1% Milk	Cheese Toast Fresh Berries Whole/ 1% Milk	WG Cereal Bananas Whole/ 1% Milk	WG Muffins Oranges Whole/ 1% Milk	WG Donuts Fresh Melons 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>Grain/ bread</li> <li>Milk, fluid</li> </ul>	Macaroni & Cheese Peas & Carrots Pears Wheat Rolls Whole/ 1% Milk	BBQ Meatballs Mashed Potatoes Peaches Wheat Rolls Whole/ 1% Milk	Taquitos Garden Salad Pineapples Tortilla Whole/ 1% Milk	Chicken Tenders Mixed Vegetables Mixed Fruit Brown Rice Whole/ 1% Milk	Sun Butter Sandwich Broccoli Applesauce WG Breadcrust Whole/ 1% Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>	Chex Cereal Low-fat Yogurt	Graham Crackers (TTOT) Sun Chips Fruit Cups	Sweet Potato Crackers Apple Slices	Oatmeal Cookies 100% Juice	Cheese It's Crackers Bananas

**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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