



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 ONE MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>4/6/2026</u>	Tuesday: Date <u>4/7/2026</u>	Wednesday: Date <u>4/8/2026</u>	Thursday: Date <u>4/9/2026</u>	Friday: Date: <u>4/10/2026</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Bananas Whole/1%/Lactose Milk	Turkey Sausage Biscuit Mixed Fruit Whole/1%/Lactose Milk	Waffles Baked Apples Whole/1%/Lactose Milk	Rice Chex Peaches Whole/1%/Lactose Milk	Pancakes Fresh Berries Whole/1%/ Lactose Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Ravioli Green Peas Apricots Pasta Whole/1%/Lactose Milk	Sweet & Sour Chicken Vegetable Fried Rice Pineapples Spring Rolls Whole/1%/Lactose Milk	Baked Ziti Mixed Vegetables Mandarin Oranges Garlic Bread Whole/1%/Lactose Milk	Chicken Sandwich Sweet Potato Fries Pears Wheat Buns Whole/1%/Lactose Milk	Cod Fish Bites Corn/Carrots (Toddler) Mixed Fruit Wheat Rolls Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Meat or meat alternate 	Cheese It's Crackers Apple Slices	Animal Crackers Low-fat Yogurt	Vanilla Wafers Sun Butter	Goldfish Crackers Fruit Cups	Cheese Crackers Shredded Cheese

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.)