



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 TWO MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>8/10/2026</u>	Tuesday: Date <u>8/11/2026</u>	Wednesday: Date <u>8/12/2026</u>	Thursday: Date <u>8/13/2026</u>	Friday: Date <u>8/14/2026</u>
Breakfast - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/ 1% Milk	French Toast Peaches Whole/ 1% Milk	Nutri-Gran Bars Mixed Fruit Whole/ 1% Milk	WG Donuts Applesauce Whole/1% Milk	Chex Cereal Fresh Berries Whole/ 1% Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Grain/ bread - Milk, fluid	Beef Tacos Black Beans Pears Tortilla Whole/ 1% Milk	Chicken Nuggets Mashed Potatoes Pineapples Wheat Rolls Whole/ 1% Milk	Turkey Burgers Sweet Potato Fries Mandarin Oranges Wheat Buns Whole/ 1% Milk	Macaroni & Cheese Green Beans Mangos Garlic Bread Whole/1% Milk	Turkey Sliders Veggie Chips Mixed Fruit Hawaiian Rolls Whole/ 1% Milk
PM Snack Two of these four components will be present) - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Meat or meat alternate	Salsa Nanna Bread	Cheese It's Crackers Fruit Cups	Goldfish Crackers Apple Slices	Teddy Graham Crackers Sun Butter	Oatmeal Cookies Low-fat Yogurt

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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