



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 MENU THREE

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>8/17/2026</u>	Tuesday: Date <u>8/18/2026</u>	Wednesday: Date <u>8/19/2026</u>	Thursday: Date <u>8/20/2026</u>	Friday: Date <u>8/21/2026</u>
Breakfast - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/1%/Lactose Milk	Waffles Mandarin Oranges Whole/1%/Lactose Milk	WG Donuts / Muffins Mango Cups Whole/1%/ Lactose Milk	Hash Browns Fresh Berries Whole/1%/ Lactose Milk	Biscuits Turkey Sausage Whole/1%/Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Whole Grain/ bread - Milk, fluid	Ravioli Carrots Applesauce Garlic Bread Whole/1%/Lactose Milk	Turkey Meatballs Green Beans Pears Rice Whole/1%/Lactose Milk	Chicken Sandwich Broccoli Peaches Wheat Buns Whole/1%/Lactose Milk	Chicken Teriyaki Stir-fry Vegetables Pineapples Vegetable Roll Whole/1%/Lactose Milk	Fish Sticks Tator Tots Mixed Fruit Wheat Bread Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Meat or meat alternate	Animal Crackers Low-fat Yogurt	Ritz Crackers Cheese Slices	Vanilla Wafers Vanilla Pudding	Tortilla Chips/Naan Bread Salsa	Cheese It's Crackers 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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