



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>8/24/2026</u>	Tuesday Date <u>8/25/2026</u>	Wednesday Date <u>8/26/2026</u>	Thursday Date <u>8/27/2026</u>	Friday Date <u>8/28/2026</u>
Breakfast - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/1%/ Lactose Milk	Chicken & Biscuit Baked Apples Whole/1%/Lactose Milk	Parfait Mixed Fruit Whole/1%/Lactose Milk	WG Muffins Fruit Cups Whole/1%/Lactose Milk	French Toast/Waffles Mangos Whole/1%/Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Whole Grain/ bread - Milk, fluid	Baked Ravioli Carrots Apricots Pasta Whole/1%/Lactose Milk	BBQ Meatballs Mixed Vegetables Pears Corn Bread Whole/1%/Lactose Milk	Macaroni & Cheese Broccoli Mandarin Oranges Wheat Bread Whole/1%/Lactose Milk	Sun Butter Sandwich Veggie Straws Apple Slices Wheat Bread Whole/1%/Lactose Milk	Chicken Pot Pie Green Beans Pineapples Pie Crust 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	Vanilla Wafers Pudding	Chex Mix 100% Juice	Oatmeal Cookie Applesauce	Animal Crackers Low-fat Yogurt	Ritz Crackers Cheese Slices

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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