



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>8/3/2026</u>	Tuesday: Date <u>8/4/2026</u>	Wednesday: Date <u>8/5/2026</u>	Thursday: Date <u>8/6/2026</u>	Friday: Date: <u>8/7/2026</u>
Breakfast - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/1%/Lactose Milk	Waffles Fresh Berries Whole/1%/Lactose Milk	Biscuit & Jelly Applesauce Whole/1%/Lactose Milk	Muffins Peaches Whole/1%/Lactose Milk	Rice Chex Fresh Berries Whole/1%/ Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Grain/ bread - Milk, fluid	Pizza Bites Carrots & Peas Pears Pizza Crust Whole/1%/Lactose Milk	BBQ Turkey Meatballs Broccoli Pineapples Wheat Rolls Whole/1%/Lactose Milk	Spaghetti w/Beef Mixed Vegetables Apricots Garlic Bread Whole/1%/Lactose Milk	Chicken w/gravy Green Beans Mandarin Oranges Wheat Rolls Whole/1%/Lactose Milk	Fish Nuggets Tatar Tots Mixed Fruit Wheat Bread Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Meat or meat alternate	Sun Butter Apple Slices	Chex Mix Fruit Cups	Veggie Straws Vanilla Pudding	Animal Crackers Low-fat Yogurt	Goldfish 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.

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.)