



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 FIVE MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>8/31/2026</u>	Tuesday: Date <u>9/1/2026</u>	Wednesday: Date <u>9/2/2026</u>	Thursday: Date <u>9/3/2026</u>	Friday: Date <u>9/4/2026</u>
Breakfast - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/ 1% Milk/Lactose	Bagels & Cream Cheese Pears Whole/ 1% Milk/ Lactose	French Toast Peaches Whole/ 1% Milk/ Lactose	Cinnamon Oatmeal Toast Baked Apples Whole/ 1% Milk/ Lactose	Pancakes Fresh Berries Whole/1% Milk/ Lactose
Lunch - Meat or meat alternate - Vegetable - Fruit - Grain/ bread - Milk, fluid	Baked Tortellini Green Peas Apricots Pasta Whole/ 1% Milk/ Lactose	Beef Nachos Corn /Carrots (Toddlers) Mangos Tortillas Whole/ 1% Milk/ Lactose	Ziti Alfredo Lima Beans Mandarin Oranges Garlic Bread Whole/ 1% Milk/ Lactose	Salisbury Steak Mashed Potatoes Pineapples Corn Muffins Whole/ 1% Milk/ Lactose	Cheese Pizza Bites House Salad/Broccoli Mixed Fruit Pizza Crust Whole/1% Milk/Lactose
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	Yogurt Mixed Fruit	Wheat Thin Crackers Cheese Slices	Cheese It's Crackers Oranges	Trail Mix 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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