



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>8/11/2025</u>	Tuesday: Date <u>8/12/2025</u>	Wednesday: Date <u>8/13/2025</u>	Thursday: Date <u>8/14/2025</u>	Friday: Date <u>8/15/2025</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Juicy Oranges Whole/ 1% Milk	WG Buns Fresh Berries Whole/ 1% Milk	Cheese Toast Bananas Whole/ 1% Milk	WG Muffins Apple Slices Whole/1% Milk	English Muffins w/jelly Fresh Melons Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Bean Burrito Bean & Corn Salad Pineapples Tortilla Whole/ 1% Milk	BBQ Turkey Meatballs Mashed Potatoes Mixed Fruit Wheat Roll Whole/ 1% Milk	Chicken Nuggets Mixed Vegetables Applesauce Rice Whole/ 1% Milk	Fettuccine Alfredo Broccoli Peaches Garlic Bread Whole/1% Milk	Beef Cheeseburgers Roasted Potatoes Pears Wheat Buns Whole/ 1% Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Meat or meat alternate 	Chex Cereal Low-fat Yogurt	Cheese It's Crackers Bananas	Teddy Grahams Pudding	Chips 100% Juice	Fig Bars Apple 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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