



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](http://ChooseMyPlate.gov) for more information.

## WEEK MENU THREE

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>8/18/2025</u>	Tuesday: Date <u>8/19/2025</u>	Wednesday: Date <u>8/20/2025</u>	Thursday: Date <u>8/21/2025</u>	Friday: Date <u>8/22/2025</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>	WG Cereal  Fresh Berries  Whole/1%/Lactose Milk	Waffles  Juicy Oranges  Whole/1%/Lactose Milk	Bagels w/ jelly  Bananas  Whole/1%/ Lactose Milk	WG Danish  Apple Slices  Whole/1%/ Lactose Milk	WG Donuts  Fresh Melons  Whole/1%/Lactose Milk
<b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Whole Grain/ bread</li> <li>Milk, fluid</li> </ul>	Roasted Chicken  Stir-fry Vegetables Pineapples  Spring Rolls  Whole/1%/Lactose Milk	Grill Cheese Sandwich  Tator Tots Pears  Wheat Bread  Whole/1%/Lactose Milk	Fish Sticks  Mashed Potatoes Mixed Fruit  Wheat Rolls  Whole/1%/Lactose Milk	Pizza  Salad Peaches  Crust  Whole/1%/Lactose Milk	Tortellini  Broccoli Applesauce  Garlic Bread  Whole/1%/ Lactose Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>	Puff Cereal  Apple Slices	Graham Crackers  Assorted Jell-O	Ritz Crackers  Cheese Sticks	Animal Crackers  Craisins	Pretzels  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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