



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 ONE MENU

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>12/1/2025</u>	Tuesday: Date <u>12/2/2025</u>	Wednesday: Date <u>12/3/2025</u>	Thursday: Date <u>12/4/2025</u>	Friday: Date: <u>12/5/2025</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>	WG Cereal  Peaches  Whole/1%/Lactose Milk	Yogurt Parfait  Mixed Fruit  Whole/1%/Lactose Milk	Turkey Sausage & Biscuit  Pineapples  Whole/1%/Lactose Milk	Cinnamon Bagels w/ Apple Butter  Bananas  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>Grain/ bread</li> <li>Milk, fluid</li> </ul>	Pierogies w/ tomato sauce  Carrots Mandarin Oranges  Bread Sticks  Whole/1%/Lactose Milk	Turkey Nachos  Corn / Green Peas Apricot  Tortilla  Whole/1%/Lactose Milk	Baked Ziti  Mixed Vegetables Pears  Garlic Bread  Whole/1%/Lactose Milk	Turkey Brunswick Stew  Steamed Cabbage Mixed Fruit  Corn Muffin  Whole/1%/Lactose Milk	<b>CLOSED FOR  PARENT/TEACHER CONFERENCE &amp; PROFESSIONAL DEVELOPMENT</b>
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>	Ranch Dressing  Sliced Cucumbers	Sun Butter  Apple Slices	Oatmeal Cookies  Applesauce	Ritz Crackers  Cheese	

**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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