



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 MENU THREE

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>12/15/2025</u>	Tuesday: Date <u>12/16/2025</u>	Wednesday: Date <u>12/17/2025</u>	Thursday: Date <u>12/18/2025</u>	Friday: Date <u>12/19/2025</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Bananas Whole/1%/Lactose Milk	Cinnamon Oatmeal Baked Apples Whole/1%/Lactose Milk	French Toast Peaches Whole/1%/ Lactose Milk	Turkey Bacon & Biscuit Mixed Fruit Whole/1%/ Lactose Milk	Waffles Pears Whole/1%/Lactose Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Ravioli Peas & Carrots Pineapples Wheat Rolls Whole/1%/Lactose Milk	Sweet & Sour Chicken Asian Vegetables Pears Fried Rice Whole/1%/Lactose Milk	Ziti Pasta Mixed Vegetables Mandarin Oranges Bread Sticks Whole/1%/Lactose Milk	Chicken Noodle Soup Corn/Peas (Toddlers Apricots Naan Bread Whole/1%/Lactose Milk	Baked Chicken Vegetable Blend Mixed Fruit Macaroni & Cheese Whole/1%/ Lactose Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Meat or meat alternate 	Vanilla Wafers Applesauce	Tortilla Chips Salsa	Animal Crackers Fruit Cups	Chex Mix 100% Juice	Class Parties Trial Mix

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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