



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 FOUR MENU

Menu for children 1 to 12 years old

Meal Components	Monday Date <u>12/22/2025</u>	Tuesday Date <u>12/23/2025</u>	Wednesday Date <u>12/24/2025</u>	Thursday Date <u>12/25/2025</u>	Friday Date <u>12/26/2025</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  Peaches  Whole/1%/ Lactose Milk	WG Chex Cereal  Mandarin Oranges  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>	Chicken Stew w/Pasta  Green Beans Pineapples  Wheat Rolls  Whole/1%/Lactose Milk	Sun Butter & Jelly Sandwich  Sun Chips / Peas Mixed Fruit  WG Crust  Whole/1%/Lactose Milk	<b>CLOSED FOR CHRISTMAS EVE HOLIDAY</b>	<b>CLOSED FOR CHRISTMAS HOLIDAY</b>	<b>CLOSED FOR HOLIDAYS</b>
<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>	Veggie Straws  Ranch Dipping sauce	Trail Mix / Cereal Bar  Fruit Cups			

**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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