



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>12/8/2025</u> | Tuesday: Date <u>12/9/2025</u> | Wednesday: Date <u>12/10/2025</u> | Thursday: Date <u>12/11/2025</u> | Friday: Date <u>12/12/2025</u> |
|--|--|--|---|--|---|
| Breakfast <ul style="list-style-type: none"> Grain/bread Juice, fruit or vegetable Milk, fluid Other foods | WG Cereal Bananas Whole/ 1% Milk | Cinnamon Oatmeal Apples Whole/ 1% Milk | Cheese Grits Peaches Whole/ 1% Milk | English Muffins w/jelly Mixed Fruit Whole/1% Milk | Pancakes Blueberries Whole/ 1% Milk |
| Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Grain/ bread Milk, fluid | Meatless Spaghetti Broccoli Pineapples Garlic Bread Whole/ 1% Milk | BBQ Turkey Meatballs Mashed Potatoes Apricots Wheat Bread Whole/ 1% Milk | Baked Ravioli Mixed Vegetables Pears Wheat Rolls Whole/ 1% Milk | Chicken & Rice Green Beans Mandarin Oranges Rice Whole/1% Milk | Cheese Pizza Salad / Peas (Todd) Mixed Fruit Wheat Crust 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 | Pretzels / Teddy Grahams Applesauce | Granola Bars Low-fat Yogurt | Animal Crackers Fruit Cups | Wheat Crackers Cheese | Veggie Straws Applesauce |

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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