



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>2/16/2026</u>	Tuesday: Date <u>2/17/2026</u>	Wednesday: Date <u>2/18/2026</u>	Thursday: Date <u>2/19/2026</u>	Friday: Date <u>2/20/2026</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	Turkey Sausage Biscuit Applesauce Whole/1%/Lactose Milk	Yogurt Parfait Mixed Fruit Whole/1%/ Lactose Milk	Bagel w/cream cheese Mangos Whole/1%/ Lactose Milk	French Toast Sticks Peaches Whole/1%/Lactose Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Hearty Vegetable Stew Mixed Vegetables Pears Corn Muffin Whole/1%/Lactose Milk	BBQ Chicken Garlic Mashed Potatoes Pineapples Dinner Rolls Whole/1%/Lactose Milk	Spinach Ravioli California Blend Veggies Mandarin Oranges Pasta Noodles Whole/1%/Lactose Milk	Chicken & Noodles Corn / Peas (Toddlers) Apricots Wheat Crackers Whole/1%/Lactose Milk	Fish Nuggets & Grits Salad / Peas (Toddlers) Mixed Fruit Dinner Rolls 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 	Goldfish Crackers Fruit Cups	Tortilla Chips/ Ritz Crackers (Toddlers) Cheesy Salsa	Cheese It's Crackers Apple Slices	Chex Mix 100% Juice	Oatmeal Cookies Low-fat Yogurt

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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