



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>
<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  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
<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>	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
<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>	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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