



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 ONE MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>2/2/2026</u>	Tuesday: Date <u>2/3/2026</u>	Wednesday: Date <u>2/4/2026</u>	Thursday: Date <u>2/5/2026</u>	Friday: Date: <u>2/6/2026</u>
<b>Breakfast</b> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods	WG Cereal  Bananas  Whole/1%/Lactose Milk	Cottage Cheese & Toast  Mixed Fruit  Whole/1%/Lactose Milk	Chicken Biscuit  Apricots  Whole/1%/Lactose Milk	Cinnamon Oatmeal  Baked Apples  Whole/1%/Lactose Milk	Rice Chex Cereal  Blueberries  Whole/1% Lactose Milk
<b>Lunch</b> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid	Baked Ravioli  Mixed Vegetables Apricots  Garlic Bread  Whole/1%/Lactose Milk	Chicken Teriyaki  Stir-fry Vegetables Peaches  Fried Rice  Whole/1%/Lactose Milk	Macaroni & Cheese  Green Beans Pears  Dinner Rolls  Whole/1%/Lactose Milk	Sloppy Joe Sandwich  Baked Beans Pineapples  Wheat Buns  Whole/1%/Lactose Milk	Chicken  Roasted Potatoes Mixed Fruit  Waffles  Whole/1%/Lactose Milk
<b>PM Snack</b> Two of these four components will be present) • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Meat or meat alternate	Chex Mix  Applesauce	Salsa  Tortilla Chips Nanna Bread (Toddlers)	Low-fat Yogurt  Peaches	Graham Crackers  Sun Butter	Trail Mix  100% Juice Or  Tailgate Parties

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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