



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>
Breakfast <ul style="list-style-type: none"> 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
Lunch <ul style="list-style-type: none"> 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
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 	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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