



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](http://ChooseMyPlate.gov) for more information.

## WEEK FOUR MENU

### Menu for children 1 to 12 years old

Meal Components	Monday Date <u>2/23/2026</u>	Tuesday Date <u>2/24/2026</u>	Wednesday Date <u>2/25/2026</u>	Thursday Date <u>2/26/2026</u>	Friday Date <u>2/27/2026</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	Blueberry Muffin  Mixed Fruit  Whole/1%/Lactose Milk	Biscuits & Gravy  Mangos  Whole/1%/Lactose Milk	Turkey Bacon Croissants Peaches  Whole/1%/Lactose Milk	Waffles  Baked Cinnamon Apples  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>	Alfredo Ziti  Broccoli Pears  Wheat Rolls  Whole/1%/Lactose Milk	Beef Nachos  Corn / Carrots (Toddlers) Mandarin Oranges  Tortillas  Whole/1%/Lactose Milk	Meatless Chili Mac  Mixed Vegetables Pineapples  Garlic Bread  Whole/1%/Lactose Milk	Sweet-n-Sour Turkey Meatballs Scalloped Potatoes Apricots  Wheat Rolls  Whole/1%/Lactose Milk	Chicken Pesto  Carrots Mixed Fruit  Pasta Noodles  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>	Sun Chips/Veggie Straws  Applesauce	Chex Mix  Fruit Cups	Graham Crackers  Low-fat Yogurt	Wheat Crackers  Cheese Slices	Trail Mix  100% Juice

**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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