



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 TWO MENU

Menu for children 1 to 12 years old

| Meal Components | Monday: Date <u>2/9/2026</u> | Tuesday: Date <u>2/10/2026</u> | Wednesday: Date <u>2/11/2026</u> | Thursday: Date <u>2/12/2026</u> | Friday: Date <u>2/13/2026</u> |
|---|---|---|--|--|---|
| Breakfast <ul style="list-style-type: none">• Grain/bread• Juice, fruit or vegetable• Milk, fluid• Other foods | WG Cereal Bananas Whole/ 1% Milk | English Muffins w/ jelly Applesauce Whole/ 1% Milk | Turkey Sausage Burrito Mangos Whole/ 1% Milk | Cheese Grits Toast Mixed Fruit Whole/1% Milk | Pancakes Fresh Berries Whole/ 1% Milk |
| Lunch <ul style="list-style-type: none">• Meat or meat alternate• Vegetable• Fruit• Grain/ bread• Milk, fluid | Tortellini Broccoli Mandarin Oranges Wheat Rolls Whole/ 1% Milk | Sweet-n-Sour Chicken Mixed Vegetables Pineapples Yellow Rice Whole/ 1% Milk | Meatless Spaghetti Green Beans Pears Garlic Bread Whole/ 1% Milk | Beef Cheeseburgers Sweet Potato Fries Peaches Wheat Buns Whole/1% Milk | Cheese Pizza House Salad Mixed Fruit Wheat Crust Whole/ 1% 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 | Wheat Crackers Sliced Cheese | Tortilla Chips/ Nana bread Avocado Dip | Goldfish Crackers Fruit Cups | Animal Crackers Yogurt | Soft Pretzels Apple Slices |

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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