



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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