



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>1/12/2026</u>	Tuesday: Date <u>1/13/2026</u>	Wednesday: Date <u>1/14/2026</u>	Thursday: Date <u>1/15/2026</u>	Friday: Date <u>1/16/2026</u>
Breakfast <ul style="list-style-type: none"> Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Bananas Whole/ 1% Milk	Cinnamon Oatmeal Baked Apples Whole/ 1% Milk	Fruit Yogurt Parfait Mixed Fruit Whole/ 1% Milk	Smothered Hash Browns Mangos Whole/1% Milk	French Toast Fresh Berries Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Grain/ bread Milk, fluid 	Cheddar Casserole Broccoli Pears Rice Whole/ 1% Milk	Turkey Meatballs Italian Green Beans Pineapples Garlic Bread Whole/ 1% Milk	Fish Nuggets Pasta Salad Mandarin Oranges Wheat Rolls Whole/ 1% Milk	Chicken Pot Pie Mixed Vegetables Peaches Pie Crust Whole/1% Milk	Spinach Ravioli Glazed Carrots Mixed Fruit Pasta 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 	Animal Crackers 100% Juice	Goldfish Crackers Fruit Cups	Tortilla Chips / Nana brea Salsa	Cheese It's Crackers Applesauce	Wheat Crackers Cheese 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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