



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 1/12/2026	Tuesday: Date 1/13/2026	Wednesday: Date 1/14/2026	Thursday: Date 1/15/2026	Friday: Date 1/16/2026
<b>Breakfast</b> <ul style="list-style-type: none"><li>• Grain/bread</li><li>• Juice, fruit or vegetable</li><li>• Milk, fluid</li><li>• Other foods</li></ul>	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
<b>Lunch</b> <ul style="list-style-type: none"><li>• Meat or meat alternate</li><li>• Vegetable</li><li>• Fruit</li><li>• Grain/ bread</li><li>• Milk, fluid</li></ul>	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
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"><li>• Grain/bread</li><li>• Juice, fruit or vegetable</li><li>• Milk, fluid</li><li>• Meat or meat alternate</li></ul>	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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