



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 FOUR MENU

Menu for children 1 to 12 years old

Meal Components	Monday Date <u>1/26/2026</u>	Tuesday Date <u>1/27/2026</u>	Wednesday Date <u>1/28/2026</u>	Thursday Date <u>1/29/2026</u>	Friday Date <u>1/30/2026</u>
Breakfast <ul style="list-style-type: none">• Whole Grain/bread• Juice, fruit or vegetable• Milk, fluid• Other foods	WG Cereal Bananas Whole/1% Lactose Milk	Fruit Parfait Mixed Fruit Whole/1%/Lactose Milk	Biscuits & Gravy Hash Browns Pears Whole/1%/Lactose Milk	Bran Muffins Sliced Apples Whole/1%/Lactose Milk	Pancakes Blueberries Whole/1%/Lactose Milk
Lunch <ul style="list-style-type: none">• Meat or meat alternate• Vegetable• Fruit• Whole Grain/ bread• Milk, fluid	Baked Ravioli Mixed Vegetables Apricots Pasta Whole/1%/Lactose Milk	Cheese Quesadilla Corn / Peas Mangos Tortillas Whole/1%/Lactose Milk	Alfredo Farfalle Broccoli Pineapples Bread Sticks Whole/1%/Lactose Milk	Chicken & Dumplings Green Beans Peaches Dumpling Dough Whole/1%/Lactose Milk	Cheesy Baked Ziti Green Peas Mixed Fruit Garlic Bread Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none">• Whole Grain/bread• Juice, fruit or vegetable• Milk, fluid• Meat or meat alternate	Chex Mix Applesauce	Veggie Straws Ranch Dipping Sauce	Cheese It's Crackers Fruit Cups	Trail Mix 100% Juice	Oatmeal Cookies Low-fat Yogurt

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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