



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>7/13/2026</u>	Tuesday: Date <u>7/14/2026</u>	Wednesday: Date <u>7/15/2026</u>	Thursday: Date <u>7/16/2026</u>	Friday: Date <u>7/17/2026</u>
Breakfast - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/ 1% Milk	Cheese Grits Toast Peaches Whole/ 1% Milk	Parfait Mixed Fruit Whole/ 1% Milk	Wheat Donuts Applesauce Whole/1% Milk	Waffles Fresh Berries Whole/ 1% Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Grain/ bread - Milk, fluid	Tortellini Alfredo Broccoli Pears Pasta Whole/ 1% Milk	Chicken Nuggets Corn/ Peas (Toddlers) Pineapples Wheat Rolls Whole/ 1% Milk	Beef Hamburgers Sweet Potato Fries Mandarin Oranges Wheat Buns Whole/ 1% Milk	Baked Ziti Salad/ Gr. Beans(Todd) Mangos Garlic Bread Whole/1% Milk	Turkey Sliders Sun Chips/Veggie(Todd) Mixed Fruit Hawaiian Rolls Whole/ 1% Milk
PM Snack Two of these four components will be present) - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Meat or meat alternate	Goldfish Crackers Apple Slices	Veggie Straws Vanilla Pudding	Cheese It's Crackers Fruit Cups	Teddy Graham Crackers Sun Butter	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.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)