



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>7/14/2025</u>	Tuesday: Date <u>7/15/2025</u>	Wednesday: Date <u>7/16/2025</u>	Thursday: Date <u>7/17/2025</u>	Friday: Date <u>7/18/2025</u>
Breakfast <ul style="list-style-type: none"> Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	Oatmeal Bars Juicy Oranges Whole/ 1% Milk	WG Cereal Fresh Berries Whole/ 1% Milk	Bagels & jelly Fresh Melons Whole/ 1% Milk	WG Cinnamon Buns Bananas Whole/1% Milk	Biscuits w/ jelly Apple Slices Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Grain/ bread Milk, fluid 	Sun Butter Sandwiches Sun Chips / Puffs Applesauce WG Crust Whole/ 1% Milk	Fish Sticks Mashed Potatoes Mixed Fruit Wheat Roll Whole/ 1% Milk	Beef Tacos Black Bean Salad Pineapples Tortilla Whole/ 1% Milk	Pierogies Broccoli Peaches Garlic Bread Whole/1% Milk	Pizza Peas & Carrots Pears 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 	Cinnamon Graham Watermelon	Fig Bars Bananas	Pretzel Crackers Apple Slices	Puff Cereal 100% Juice	Cheese It's Crackers Ice Cream Truck

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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