



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 MENU THREE

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>7/20/2026</u>	Tuesday: Date <u>7/21/2026</u>	Wednesday: Date <u>7/22/2026</u>	Thursday: Date <u>7/23/2026</u>	Friday: Date <u>7/24/2026</u>
Breakfast - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	Blueberry Muffins Applesauce Whole/1%/Lactose Milk	Parfait Mixed Fruit Whole/1%/Lactose Milk	Turkey Sausage Biscuit Peaches Whole/1%/ Lactose Milk	Dads & Donuts French Toast Peaches Whole/1%/ Lactose Milk	WG Cereal Bananas Whole/1%/Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Whole Grain/ bread - Milk, fluid	Ravioli w/Bolognese Lima Beans Apricots Naan Bread Whole/1%/Lactose Milk	Turkey Chili Corn/ Peas (Toddlers) Pears Wheat Rolls Whole/1%/Lactose Milk	Chef Art's Mac -n- Cheese Broccoli Mandarin Oranges Pasta Whole/1%/Lactose Milk	Chicken Fajitas Fajitas Vegetables Mangos Tortillas Whole/1%/Lactose Milk	Sun Butter Sandwich Veggie Straws Apple Slices Wheat Crust Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Meat or meat alternate	Animal Crackers Low-fat Yogurt	Wheat Thins Hummus	Goldfish Crackers Fruit Cups	Tortilla Chips Salsa	Cheese It's Crackers 100% Juice

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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