



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>7/21/2025</u>	Tuesday: Date <u>7/22/2025</u>	Wednesday: Date <u>7/23/2025</u>	Thursday: Date <u>7/24/2025</u>	Friday: Date <u>7/25/2025</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	English Muffins Fresh Berries Whole/1%/Lactose Milk	French Toast Juicy Oranges Whole/1%/ Lactose Milk	WG Donuts Apple Slices Whole/1%/ Lactose Milk	Muffins Fresh Melons Whole/1%/Lactose Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Meatballs & Gravy Mixed Vegetables Peaches Rice Whole/1%/Lactose Milk	Grill Cheese Sandwich Broccoli Pears Wheat Bread Whole/1%/Lactose Milk	Pasta Salad / Peas Applesauce Garlic Bread Whole/1%/Lactose Milk	Roasted Chicken Stir-fry Vegetables Pineapples Spring Rolls Whole/1%/Lactose Milk	Cheeseburger Diced Potatoes Mixed Fruit Wheat Buns 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 	Animal Crackers Mango Fruit Cups	Pretzel Fish Crackers Apple Slices	Corn Puffs 100% Juice	Ritz Crackers Craisins	Graham Crackers Ice Cream Day

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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