



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>7/27/2026</u>	Tuesday Date <u>7/28/2026</u>	Wednesday Date <u>7/29/2026</u>	Thursday Date <u>7/30/2026</u>	Friday Date <u>7/31/2026</u>
Breakfast - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/1%/ Lactose Milk	French Toast Peaches Whole/1%/Lactose Milk	WG Muffins Applesauce Whole/1%/Lactose Milk	WG Rice Chex Fresh Berries Whole/1%/Lactose Milk	
Lunch - Meat or meat alternate - Vegetable - Fruit - Whole Grain/ bread - Milk, fluid	Baked Ravioli Green Peas Pears Garlic Bread Whole/1%/Lactose Milk	Beef Tacos Black Beans Mangos Tortilla Whole/1%/Lactose Milk	Chicken Nuggets Green Beans Mandarin Oranges Wheat Bread Whole/1%/Lactose Milk	Turkey Burgers Tator Tots Pineapples Wheat Bun Whole/1%/Lactose Milk	CENTER CLOSED FOR TEACHER WORKDAY
PM Snack Two of these four components will be present) - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Meat or meat alternate	Graham Crackers Sun Butter	Chex Mix 100% Juice	Ritz Crackers Cheese Slices	Oatmeal Cookie Apple Slices	

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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