



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](http://ChooseMyPlate.gov) for more information.

## WEEK FOUR MENU

### Menu for children 1 to 12 years old

| Meal Components   | Monday<br>Date <u>7/28/2025</u>  | Tuesday<br>Date <u>7/29/2025</u>   | Wednesday<br>Date <u>7/30/2025</u>  | Thursday<br>Date <u>7/31/2025</u>  | Friday<br>Date <u>8/1/2025</u>                |
|---|--|--|---|--|---|
| <b>Breakfast</b> <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>   | WG Cereal<br><br>Juice Oranges<br><br>Whole/1%/ Lactose Milk                                     | Cheese Grits<br><br>Turkey Sausage<br><br>Whole/1%/Lactose Milk                    | WG Cinnamon Rolls<br><br>Fresh Melons<br><br>Whole/1%/Lactose Milk                                  | Oatmeal Bars<br><br>Apple Slices<br><br>Whole/1%/Lactose Milk                                |   |
| <b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Whole Grain/ bread</li> <li>Milk, fluid</li> </ul>  | Macaroni & Cheese<br><br>Green Beans<br>Peaches<br><br>Corn Muffins<br><br>Whole/1%/Lactose Milk | BBQ Chicken<br><br>Broccoli<br>Applesauce<br><br>Rice<br><br>Whole/1%/Lactose Milk | Country Fried Steak<br><br>Mashed Potatoes<br>Mixed Fruit<br><br>Rolls<br><br>Whole/1%/Lactose Milk | Sun Butter Sandwich<br><br>Sweet Potatoes<br>Pears<br><br>Crust<br><br>Whole/1%/Lactose Milk | <b>CLOSED<br/>FOR<br/>TEACHER<br/>WORKDAY</b> |
| <b>PM Snack</b><br>Two of these four<br>components will be present) <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul> | Vanilla Wafers<br><br>Apple Slices   | Chex Mix<br><br>Low-fat Yogurt   | Cheese Crackers<br><br>100% Juice   | Graham Crackers<br><br>Watermelon  |   |

**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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