



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 ONE MENU

Menu for children 1 to 12 years old

| Meal Components | Monday: Date <u>7/6/2026</u> | Tuesday: Date <u>7/7/2026</u> | Wednesday: Date <u>7/8/2026</u> | Thursday: Date <u>7/9/2026</u> | Friday: Date: <u>7/10/2026</u> |
|--|---|---|--|---|---|
| Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods | WG Cereal Bananas Whole/1%/Lactose Milk | Waffles Mixed Fruit Whole/1%/Lactose Milk | Oatmeal Toast Baked Apples Whole/1%/Lactose Milk | Cheese Grits Peaches Whole/1%/Lactose Milk | Rice Chex Fresh Berries Whole/1%/ Lactose Milk |
| Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid | Ravioli Carrots Pears Pasta Whole/1%/Lactose Milk | BBQ Turkey Meatballs Corn / Peas (Toddlers Pineapples Wheat Rolls Whole/1%/Lactose Milk | Farfalle Alfredo Mixed Vegetables Apricots Pasta Noodles Whole/1%/Lactose Milk | Chicken w/gravy Mashed Potatoes Mandarin Oranges Corn Muffins Whole/1%/Lactose Milk | Cheese Pizza Tatar Tots Mixed Fruit Wheat Crust Whole/1%/Lactose 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 | Sun Butter Apple Slices | Chex Mix Fruit Cups | Shortbread Cookies Vanilla Pudding | Animal Crackers Low-fat Yogurt | Trail Mix 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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