



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 TWO MENU

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>7/7/2025</u>	Tuesday: Date <u>7/8/2025</u>	Wednesday: Date <u>7/9/2025</u>	Thursday: Date <u>7/10/2025</u>	Friday: Date <u>7/11/2025</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>	WG Cereal  Bananas  Whole/ 1% Milk	Cinnamon Rolls  Fresh Berries  Whole/ 1% Milk	Raisin Bread  Juicy Oranges  Whole/ 1% Milk	Cheese Grits  Apple Slices  Whole/1% Milk	WG Buns  Fresh Melons  Whole/ 1% Milk
<b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Grain/ bread</li> <li>Milk, fluid</li> </ul>	BBQ Chicken  Mixed Vegetables Peaches  Rice  Whole/ 1% Milk	Tortellini  Green Beans Mixed Fruit  Garlic Bread  Whole/ 1% Milk	Taquitos  Black Beans Pineapples  Tortilla  Whole/ 1% Milk	Tuna Melt  Diced Potatoes Pears  Wheat Buns  Whole/1% Milk	Mozzarella Sticks  Broccoli Applesauce  Crust  Whole/ 1% Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>	Granola  Low-fat Yogurt	Pretzels  Assorted Jell-O	Ritz Crackers  Cheese Sticks	Graham Crackers  Fruit Cups	Puff Cereal/ Sun Chips  100% Fruit 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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