



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>6/1/2026</u>	Tuesday: Date <u>6/2/2026</u>	Wednesday: Date <u>6/3/2026</u>	Thursday: Date <u>6/4/2026</u>	Friday: Date: <u>6/5/2026</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Fresh Berries Whole/1%/Lactose Milk	Assorted Muffins Applesauce Whole/1%/Lactose Milk	Cheese Grits Toast Peaches Whole/1%/Lactose Milk	Waffles Mixed Fruit Whole/1%/Lactose Milk	WG Cereal Bananas Whole/1%/ Lactose Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Baked Tortellini Carrots Pears Pasta Whole/1%/Lactose Milk	Chicken Nachos Corn / Peas (Toddlers) Mangos Tortilla Chips Whole/1%/Lactose Milk	Parmesan Ziti Broccoli Mandarin Oranges Naan Bread Whole/1%/Lactose Milk	BBQ Meatballs Mashed Potatoes Pineapples Wheat Rolls Whole/1%/Lactose Milk	Sun Butter Sandwich Veggie Straws Apple Slices Wheat Bread 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 	Graham Crackers Sun Butter	Pretzels / Ritz Crackers Low-fat Yogurt	Goldfish Crackers 100% Juice	Cheese Slices Ritz Crackers	Chex Mix Fruit Cups

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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