



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 MENU THREE

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>6/16/2025</u>	Tuesday: Date <u>6/17/2025</u>	Wednesday: Date <u>6/18/2025</u>	Thursday: Date <u>6/19/2025</u>	Friday: Date <u>6/20/2025</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Apple Slices Whole/ 1% Milk	Waffles Juicy Oranges Whole/1% Milk	WG Cinnamon Rolls Fresh Melons Whole/ 1% Milk		Cheese Grits Turkey Sausage Whole/ 1 % Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Roasted Chicken Stir-fry Vegetables Peaches Spring Rolls Whole/ 1% Milk	Tortellini Green Beans Mixed Fruit Garlic Bread Whole/ 1% Milk	Cod Fish Nuggets Mixed Vegetables Pears Rice Whole/ 1% Milk	CLOSED FOR JUNETEENTH HOLIDAY	Cheese Pizza Broccoli Applesauce Wheat Crust Whole/ 1% Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Meat or meat alternate 	Goldfish Crackers Bananas	Granola Chex Low-fat Yogurt	Fig Bars Apple Slices		Pretzel Snacks 100% Juice Ice Cream Day

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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