



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>6/2/2025</u>	Tuesday: Date <u>6/3/2025</u>	Wednesday: Date <u>6/4/2025</u>	Thursday: Date <u>6/5/2025</u>	Friday: Date: <u>6/6/2025</u>
Breakfast <ul style="list-style-type: none"> Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Apple Slices Whole/ 1% Milk	Cheese Toast Watermelon Whole/ 1% Milk	WG Donuts Bananas Whole/1% Milk	French Toast Juicy Oranges Whole/ 1% Milk	Hash Browns Fresh Melons Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Grain/ bread Milk, fluid 	Roasted Chicken Stir-fry Vegetables Pears Spring Rolls Whole/ 1% Milk	Ravioli Green Beans Pineapples Garlic Bread Whole/ 1% Milk	Chicken Tenders Mixed Vegetables Peaches Rice Whole/1% Milk	Cheese Pizza Broccoli Mixed Fruit Wheat Crust Whole/ 1% Milk	Beef Hamburgers Diced Potatoes (Todd) Veggie Chips Baked Apples Wheat Bun Whole/ 1% 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 	Animal Crackers Fresh Berries	Chex Cereal Low-fat Yogurt	Goldfish Crackers Craisins	Fig Bars Assorted Jell-O	Puff Cereal 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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