



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 FOUR MENU

### Menu for children 1 to 12 years old

Meal Components	Monday Date <u>6/22/2026</u>	Tuesday Date <u>6/23/2026</u>	Wednesday Date <u>6/24/2026</u>	Thursday Date <u>6/25/2026</u>	Friday Date <u>6/26/2026</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>	WG Cereal  Bananas  Whole/1%/ Lactose Milk	French Toast  Peaches  Whole/1%/Lactose Milk	WG Muffins  Applesauce  Whole/1%/Lactose Milk	WG Rice Chex  Fresh Berries  Whole/1%/Lactose Milk	Hash Browns Turkey Sausage Baked Apples  Whole/1%/Lactose Milk
<b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Whole Grain/ bread</li> <li>Milk, fluid</li> </ul>	Baked Ravioli  Carrots Pears  Pasta  Whole/1%/Lactose Milk	Beef Tacos  Corn/ Peas (Toddlers) Mangos  Tortilla  Whole/1%/Lactose Milk	Chicken Pot Pies  Green Beans Mandarin Oranges  Pie Crust  Whole/1%/Lactose Milk	Turkey Burgers  Sweet Potato Fries Pineapples  Wheat Bun  Whole/1%/Lactose Milk	Macaroni & Cheese  Broccoli Mixed Fruit  Wheat Rolls  Whole/1%/Lactose Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>	Graham Crackers  Sun Butter	Chex Mix  100% Juice	Wheat Thin Crackers  Cheese Slices	Goldfish Crackers  Oranges	<b>Ice Cream Truck</b>  Veggie Straws

**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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