



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 FIVE MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>6/29/2026</u>	Tuesday: Date <u>6/30/2026</u>	Wednesday: Date <u>7/1/2026</u>	Thursday: Date <u>7/2/2026</u>	Friday: Date <u>7/3/2026</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Bananas Whole/ 1% Milk/Lactose	Chicken & Biscuit Peaches Whole/ 1% Milk/ Lactose	Pancakes Baked Apples Whole/ 1% Milk/ Lactose	Rice Chex Fresh Berries Whole/ 1% Milk/ Lactose	
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Tortellini Green Peas Pears Pasta Whole/ 1% Milk/ Lactose	Turkey Spaghetti Salad /Carrots (Toddlers) Mandarin Oranges Garlic Bread Whole/ 1% Milk/ Lactose	Rice Casserole Broccoli Pineapples Wheat Rolls Whole/ 1% Milk/ Lactose	4th of July Family Picnic Beef Burgers & H. Dogs Baked Beans Veggie Straws Pasta Salad Fruit Cups Wheat Buns Whole/ 1% Milk/ Lactose	CLOSED FOR 4th of JULY HOLIDAY
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 	Pretzel/Ritz Crackers Apple Slices	Chex Mix 100% Juice	Ritz Crackers Cheese Slices	Oatmeal Cookies Low-fat Yogurt	

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.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)