



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>6/30/2025</u>	Tuesday: Date <u>7/1/2025</u>	Wednesday: Date <u>7/2/2025</u>	Thursday: Date <u>7/3/2025</u>	Friday: Date: <u>7/4/2025</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Bananas Whole/1%/Lactose Milk	English Muffins Fresh Berries Whole/1%/Lactose Milk	Muffins Apple Slices Whole/1%/Lactose Milk	Waffles Juicy Oranges Whole/1%/Lactose Milk	
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Quesadilla Black Bean Salad Peaches Tortilla Whole/1%/ Lactose Milk	Turkey Meatballs Mixed Vegetables Pineapples Rice Whole/1%/Lactose Milk	Tortellini Green Beans Mixed Fruit Garlic Bread Whole/1%/Lactose Milk	Beef Burgers & Hot Dogs Veggie Chips/Chips Fruit Cups Wheat Buns Whole/1%/Lactose Milk	CLOSED FOR 4TH OF JULY
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 	Goldfish Crackers Apple Slices	Chex Cereal Low-fat Yogurt	Pretzel Snacks Craisins	Sherbet Ice Cream Watermelon 4th of July Picnic 11:30am-12:30pm	

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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