



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 MENU THREE**  
**Menu for children 1 to 12 years old**

<b>Meal Components</b>	<b>Monday: Date <u>3/16/2026</u></b>	<b>Tuesday: Date <u>3/17/2026</u></b>	<b>Wednesday: Date <u>3/18/2026</u></b>	<b>Thursday: Date <u>3/19/2026</u></b>	<b>Friday: Date <u>3/20/2026</u></b>
<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	Eggs or Hash Browns Turkey Sausage Baked Apples  Whole/1%/Lactose Milk	Cheese Grits  Peaches  Whole/1%/ Lactose Milk	Rice Chex  Fresh Berries  Whole/1%/ Lactose Milk	Bagels & Cream Cheese  Mangos  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 Ziti  Green Peas Pears  Garlic Bread  Whole/1%/Lactose Milk	Irish Stew  Cabbage Honeydew Melon  Bread Sticks  Whole/1%/Lactose Milk	Fettuccine Florentine  Mixed Vegetables Apricots  Naan Bread  Whole/1%/Lactose Milk	Chicken Pot Pie  Corn / Carrots (Toddlers) Pineapples  Pie Crust  Whole/1%/Lactose Milk	Turkey Subs  Lettuce & Tomatoes Mixed Fruit  Classic Chips/Chex Mix  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>	Low-fat Yogurt  Mixed Fruit	Soft Pretzels  Cheese Sauce	Chex Mix  Applesauce	Goldfish Crackers  Fruit Cups	Shortbread Cookies  100% Fruit 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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