



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>3/2/2026</u>	Tuesday: Date <u>3/3/2026</u>	Wednesday: Date <u>3/4/2026</u>	Thursday: Date <u>3/5/2026</u>	Friday: Date: <u>3/6/2026</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Mixed Fruit Whole/1%/Lactose Milk	Turkey Sausage Hash Brown Mango Whole/1%/Lactose Milk	Pancakes Peaches Whole/1%/Lactose Milk	Rice Chex Bananas Whole/1%/Lactose Milk	Yogurt Parfait Fresh Berries Whole/1%/ Lactose Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Baked Tortellini Roasted Carrots Pears Pasta Whole/1%/Lactose Milk	Boneless Chicken Broccoli Pineapples Yellow Rice Whole/1%/Lactose Milk	Meatless Spaghetti Mixed Vegetables Apricots Garlic Bread Whole/1%/Lactose Milk	Meatloaf Southern Green Beans Mandarin Oranges Corn Muffins Whole/1%/Lactose Milk	Chicken Sandwich Tator Tots Mixed Fruit Wheat Buns Whole/1%/Lactose 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 	Vanilla Wafers Sun Butter	Wheat Crackers Shredded Cheese	Pretzels Animal Crackers (Toddler) Applesauce	Veggie Straws Ranch Dipping Sauce	Trail Mix Orange Segments

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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