



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 FOUR MENU

Menu for children 1 to 12 years old

Meal Components	Monday Date <u>3/23/2026</u>	Tuesday Date <u>3/24/2026</u>	Wednesday Date <u>3/25/2026</u>	Thursday Date <u>3/26/2026</u>	Friday Date <u>3/27/2026</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Bananas Whole/1%/ Lactose Milk	Biscuit Hash Browns Mangos Whole/1%/Lactose Milk	Cheese Grits Peaches Whole/1%/Lactose Milk	Rice Chex Fresh Berries Whole/1%/Lactose Milk	French Toast Baked Cinnamon Apples Whole/1%/Lactose Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Baked Tortellini Carrots Pears Pasta Noodles Whole/1%/Lactose Milk	Rice Casserole Broccoli Mandarin Oranges Dinner Rolls Whole/1%/Lactose Milk	Baked LP Chicken Pasta Salad Apricots Wheat Bread Whole/1%/Lactose Milk	Meatless Chili Mac Corn/Green Beans (Tod) Honey Dew Melons Garlic Bread Whole/1%/Lactose Milk	Turkey Pepperoni Pizza House Salad Mixed Fruit Pizza Crust Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Meat or meat alternate 	Teddy Graham Crackers Apple Slices	Wheat Thin Crackers Rotel Sauce	Oatmeal Cookies Low-fat Yogurt	Veggie Straws Applesauce	Trail Mix 100% 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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