



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>3/30/2026</u>	Tuesday: Date <u>3/31/2026</u>	Wednesday: Date <u>4/1/2026</u>	Thursday: Date <u>4/2/2026</u>	Friday: Date <u>4/3/2026</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	Parfait Mixed Fruit Whole/ 1% Milk/ Lactose	Blueberry Muffins Applesauce 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 	Meatless Spaghetti Mixed Vegetables Pears Garlic Bread Whole/ 1% Milk/ Lactose	Breakfast for Lunch Turkey Sausage Smothered Potatoes Peaches French Toast Whole/ 1% Milk/ Lactose	Chicken Nuggets Salad/ Baked Beans Mandarin Oranges Wheat Rolls Whole/ 1% Milk/ Lactose	Sun Butter Sandwich Veggie Straws Apple Slices/Fruit Cups Wheat Bread Whole/ 1% Milk/ Lactose	<p style="text-align: center;">CLOSED FOR GOOD FRIDAY</p>
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 	Wheat Crackers Shredded Cheese	Ritz Crackers (Toddlers) Tortilla Chips Salsa	Soft Pretzels Cheese Dip	Trail Mix 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.

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