



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 TWO MENU

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>5/11/2026</u>	Tuesday: Date <u>5/12/2026</u>	Wednesday: Date <u>5/13/2026</u>	Thursday: Date <u>5/14/2026</u>	Friday: Date <u>5/15/2026</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>	WG Cereal Bananas Whole/ 1% Milk	Turkey Bacon Croissants Mangos Whole/ 1% Milk	Cheese Grits Peaches Whole/ 1% Milk	Rice Chex Fresh Berries Whole/1% Milk	Waffles Mixed Fruit Whole/ 1% Milk
<b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Grain/ bread</li> <li>Milk, fluid</li> </ul>	Baked Ravioli Peas & Carrots Pears Pasta Whole/ 1% Milk	Sweet-n-Sour Chicken Mixed Vegetables Pineapples Rice Whole/ 1% Milk	Meatless Spaghetti Corn/Broccoli (Toddlers) Apricots Garlic Bread Whole/ 1% Milk	Sloppy Joes Mashed Potatoes Mandarin Oranges Wheat Bun Whole/1% Milk	Turkey Pinwheels Veggie Straws Applesauce Tortilla Whole/ 1% Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>	Shortbread Cookies Apple Slices	Teddy Graham Crackers Low-fat Yogurt	Chex Mix 100% Juice	Ritz Crackers Cheese	Pretzel Crackers Juicy Oranges

**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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