



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 MENU THREE

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>5/18/2026</u>	Tuesday: Date <u>5/19/2026</u>	Wednesday: Date <u>5/20/2026</u>	Thursday: Date <u>5/21/2026</u>	Friday: Date <u>5/22/2026</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	Sausage & Biscuit Apricots Whole/1%/Lactose Milk	French Toast Peaches Whole/1%/ Lactose Milk	Muffins Applesauce Whole/1%/ Lactose Milk	
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Baked Ziti Green Peas Pears Pasta Whole/1%/Lactose Milk	Beef Tacos Corn/Broccoli (Toddlers) Mangos Tortillas Whole/1%/Lactose Milk	Pizza Bites Salad/Carrots (Toddlers) Pineapples Pizza Crust Whole/1%/Lactose Milk	Turkey Sliders Sun Chips/ Peas (Todd) Mandarin Oranges Wheat Rolls Whole/1%/Lactose Milk	CENTER CLOSED FOR PROFESSIONAL DEVELOPMENT DAY
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 	Chex Mix Apple Slices	Teddy Grahams 100% Yogurt	Chips Salsa	Ritz Crackers Sliced Cheese	

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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