



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>5/19/2025</u>	Tuesday: Date <u>5/20/2025</u>	Wednesday: Date <u>5/21/2025</u>	Thursday: Date <u>5/22/2025</u>	Friday: Date <u>5/23/2025</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Bananas Whole/ 1% Milk	Cheese Toast Fresh Melons Whole/1% Milk	French Toast Apple Slices Whole/ 1% Milk	Muffins Juicy Oranges Whole/ 1% Milk	
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Roasted Chicken Stir-fry Vegetables Peaches Spring Rolls Whole/ 1% Milk	Meatballs w/ Gravy Mashed Potatoes Mixed Fruit Wheat Rolls Whole/ 1% Milk	Beef Tacos Black Beans Pineapples Tortilla Whole/ 1% Milk	Chicken Wings Mixed Vegetables Pears Rice Whole/ 1% Milk	CLOSED FOR PARENT-TEACHER CONFERENCE
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 	Ritz Crackers Cranberries	Fig Bars Apple Slices	Teddy Grahams Jello-O	Puff Cereal 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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