



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 ONE MENU

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>5/4/2026</u>	Tuesday: Date <u>5/5/2026</u>	Wednesday: Date <u>5/6/2026</u>	Thursday: Date <u>5/7/2026</u>	Friday: Date: <u>5/8/2026</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>	Rice Chex Fresh Berries Whole/1%/Lactose Milk	Bagels & Cream Cheese Peaches Whole/1%/Lactose Milk	Cinnamon Oatmeal Toast Baked Apples Whole/1%/Lactose Milk	WG Cereal Bananas Whole/1%/Lactose Milk	<b>Moms-n-Muffins</b> Assorted Muffins Mixed Fruit Whole/1%/ Lactose 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 Tortellini Peas & Carrots Pears Pasta Whole/1%/Lactose Milk	BBQ Chicken Baked Beans Pineapples Dinner Rolls Whole/1%/Lactose Milk	Mac & Cheese Broccoli Apricots Wheat Bread Whole/1%/Lactose Milk	Sun Butter Sandwich Veggie Straws Apple Slices Wheat Bread Whole/1%/Lactose Milk	Fish Sandwich Tator Tots Mandarin Oranges Wheat Buns Whole/1%/Lactose 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>	Vanilla Wafers Sun Butter	Animal Crackers Low-fat Yogurt	Graham Crackers Vanilla Pudding	Cheese It's Crackers Fruit Cups	Oatmeal Cookies Whole/1%/Lactose Milk

**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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