



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 ONE MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>5/6/2024</u>	Tuesday: Date <u>5/7/2024</u>	Wednesday: Date <u>5/8/2024</u>	Thursday: Date <u>5/9/2024</u>	Friday: Date <u>5/10/2024</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	Oatmeal Bars Fresh Melons Whole/ 1% Milk	Biscuits & jelly Fresh Berries Whole/ 1% Milk	WG Cereal Bananas Whole/1% Milk	Cheese Grits Turkey Sausage Whole/1%/ Milk	Moms-n-Muffins Assorted Muffins Fruit Mix Whole/1% Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Fish Sticks Mixed Vegetables Pears Brown Rice Whole/ 1% Milk	Tortellini Green Beans Juicy Oranges Garlic Bread Whole/ 1% Milk	Chicken Philly's Tator Tots Pineapples Wheat Buns Whole/1% Milk	Beef Tacos Black Beans Mixed Fruit Tortilla Whole/1% Milk	Pizza Green Peas Applesauce Wheat Crust Whole/ 1% Milk
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 	Ritz Crackers Cheese Strings	Cheese It's Crackers Apple Slices	Fig Bars 100% Juice	Puff Cereal Assorted Jell-O	Animal Crackers Bananas

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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