



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>5/5/2025</u>	Tuesday: Date <u>5/6/2025</u>	Wednesday: Date <u>5/7/2025</u>	Thursday: Date <u>5/8/2025</u>	Friday: Date: <u>5/9/2025</u>
Breakfast <ul style="list-style-type: none"> Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Bananas Whole/ 1% Milk	Waffles Juicy Oranges Whole/ 1% Milk	Oatmeal Bars Fresh Melons Whole/1% Milk	WG Donuts Apple Slices Whole/ 1% Milk	Assorted Muffins Fresh Berries Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Grain/ bread Milk, fluid 	Chicken Nuggets Mixed Vegetables Pineapples Rice Whole/ 1% Milk	Fish Sticks Diced Potatoes Pears Wheat Bread Whole/ 1% Milk	Salisbury Steak Mashed Potatoes Peaches Wheat Rolls Whole/1% Milk	Beef Ravioli Broccoli Mixed Fruit Garlic Bread Whole/ 1% Milk	Cheese Pizza Green Beans 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 	Animal Crackers Apple Slices	Granola Bitz Low-fat Yogurt	Ritz Crackers Watermelon Slices	Veggie Straws 100% Juice	Cheese It's Crackers Assorted Jell-O

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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