

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 11/2/2026	Tuesday: Date 11/3/2026	Wednesday: Date 11/4/2026	Thursday: Date 11/5/2026	Friday: Date: 11/6/2026
Breakfast • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods	WG Cereal Bananas Whole/1% Milk	Bagels & Cream Cheese Peaches Whole/1% Milk	French Toast Fresh Berries Whole/1% Milk	Parfait Mixed Fruit Whole/1% Milk	Muffins Applesauce Whole/1% Milk
Lunch • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid	Pasta Alfredo Broccoli Pears Wheat Rolls Whole/1% Milk	Beef Nachos Carrots Mangos Tortillas Whole/1% Milk	Chicken Noodle Soup Mixed Vegetables Apricots Wheat Crackers Whole/1% Milk	Country Fried Steak Roasted Potatoes Pineapples Biscuit Whole/1% Milk	Pizza Green Beans Mixed Fruit Pizza Crust Whole/1% Milk
PM Snack Two of these four components will be present) • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Meat or meat alternate	Sun Butter Apple Slices	Oatmeal Cookies Bananas	Goldfish Crackers Juicy Oranges	Ritz Crackers Cheese Slices	Trail Mix Low-fat Yogurt

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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