

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 FOUR MENU

Menu for children 1 to 12 years old

Meal Components	Monday Date 11/23/2026	Tuesday Date 11/24/2026	Wednesday Date 11/25/2026	Thursday Date 11/26/2026	Friday Date 11/27/2026
Breakfast • Whole Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods	WG Cereal Bananas Whole/1%/ Lactose Milk	Pancakes Mangos Whole/1%/Lactose Milk	Rice Chex Cereal Peaches Whole/1%/Lactose Milk		
Lunch • Meat or meat alternate • Vegetable • Fruit • Whole Grain/ bread • Milk, fluid	Vegetable Soup Mixed Vegetables Apricots Garlic Bread Whole/1%/Lactose Milk	Alfredo Pasta Broccoli Pineapples Dinner Rolls Whole/1%/Lactose Milk	Chicken Nuggets Carrots Mixed Fruit Dinner Rolls Whole/1%/Lactose Milk	**CLOSED FOR** **THANKSGIVING HOLIDAY**	**CLOSED FOR** **THANKSGIVING HOLIDAY**
PM Snack Two of these four components will be present) • Whole Grain/bread • Juice, fruit or vegetable • Milk, fluid • Meat or meat alternate	Ritz Crackers Cheese	TTot Snacks Chips Salsa	TTot Snacks Trail Mix Orange Slices **CLOSE @ 3 pm**		

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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