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 TWO MENU
Menu for children 1 to 12 years old

Meal Components	Monday: Date 11/9/2026	Tuesday: Date 11/10/2026	Wednesday: Date 11/11/2026	Thursday: Date 11/12/2026	Friday: Date 11/13/2026
Breakfast • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods	WG Cereal Bananas Whole/ 1% Milk	Grits Peaches Whole/ 1% Milk	Waffles Mixed Fruit Whole/ 1% Milk	WG Donuts Applesauce Whole/1% Milk	Rice Chex Fresh Berries Whole/ 1% Milk
Lunch • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid	Baked Ravioli Carrots Pears Wheat Rolls Whole/ 1% Milk	Chicken Fajitas Fajita Vegetables Mangos Tortillas Whole/ 1% Milk	Meatless Chili Green Beans Apricots Corn Muffins Whole/ 1% Milk	Turkey Spaghetti Broccoli Mandarin Oranges Garlic Bread Whole/1% Milk	Grill Cheese Sandwich Tator Tots Mixed Fruit Wheat Bread 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	Animal Crackers Low-fat Yogurt	Tortilla Chips/Infant snack Salsa	Wheat Crackers Hummus	Goldfish Crackers Fruit	Veggie Straws 100% Juice

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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