



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 MENU THREE

Menu for children 1 to 12 years old

Meal Components	Monday Date <u>11/17/2025</u>	Tuesday Date <u>11/18/2025</u>	Wednesday Date <u>11/19/2025</u>	Thursday Date <u>11/20/2025</u>	Friday Date <u>11/21/2025</u>
Breakfast • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods	Pancakes Peaches Whole/1% Milk	Bagel & Cream Cheese Mandarin Oranges Whole/1% Milk	Blueberry Muffins Sliced Apples Whole/1% Milk	WG Cereal Bananas Whole/1% Milk	Rice Chex Fresh Berries Whole/1% Milk
Lunch • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid	CheeseTortellini Carrots Pineapples Pasta Whole/1% Milk	Chicken Farfalle Broccoli Apricots Wheat Rolls Whole/1% Milk	Minestrone Soup Mixed Vegetables Pears Wheat Crackers Whole/ 1% Milk	Thanksgiving Lunch Menu (Infant 1&2, TTot, Toddler 1&2) Sun Butter Sandwich Veggie Straws Peaches Wheat Crust Whole/1% Milk (EPS, Preschool, Pre-K)	Thanksgiving Lunch Menu (EPS 1&2, Preschool 1&2, PreK) Sun Butter Sandwich Veggie Straws Fruit Cups Wheat Crust Whole/1% Milk (Infants, TTot, Toddlers)
PM Snack Two of these four components will be present) • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Meat or meat alternate	Ritz Crackers Hummus	Goldfish Crackers Applesauce	Teddy Grahams Fruit Cups	Vanilla Wafers Low-fat Yogurt	Ritz Crackers Cheese Sticks

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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