



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 <u>10/12/2026</u>	Tuesday: Date <u>10/13/2026</u>	Wednesday: Date <u>10/14/2026</u>	Thursday: Date <u>10/15/2026</u>	Friday: Date <u>10/16/2026</u>
Breakfast - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/ 1% Milk	Muffins Baked Apples Whole/ 1% Milk	Waffles Mixed Fruit Whole/ 1% Milk	Rice Chex Blueberries Whole/1% Milk	English Muffin Peaches Whole/ 1% Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Grain/ bread - Milk, fluid	Veggie Baked Spaghetti Green Peas Pears Garlic Bread Whole/ 1% Milk	Turkey Tacos Carrots Mangos Tortillas Whole/ 1% Milk	Meatless Chili Broccoli Apricots Corn Muffins Whole/ 1% Milk	Breakfast Sausage Hash Browns Mandarin Oranges Pancakes Whole/1% Milk	Fish Sandwich Mixed Vegetables Mixed Fruit Wheat Buns 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 Sun Butter/ Fruit Cups	Veggie Straws Oranges	Vanilla Wafers Applesauce	Wheat Thins Hummus	Cucumber Slices Ranch Dressing

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.

F

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)