



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>10/19/2026</u>	Tuesday: Date <u>10/20/2026</u>	Wednesday: Date <u>10/21/2026</u>	Thursday: Date <u>10/22/2026</u>	Friday: Date <u>10/23/2026</u>
Breakfast - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/1%/Lactose Milk	Fruit Pastry Mixed Fruit Whole/1%/Lactose Milk	French Toast Sticks Fresh Berries Whole/1%/ Lactose Milk	Turkey Sausage Biscuits Baked Apples Whole/1%/ Lactose Milk	WG Donuts Peaches Whole/1%/Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Whole Grain/ bread - Milk, fluid	Tortellini Carrots Pears Pasta Whole/1%/Lactose Milk	Turkey Burger Sweet Potato Fries Mangos Wheat Buns Whole/1%/Lactose Milk	Lemon Pepper Chicken Green Beans Apricots Dinner Rolls Whole/1%/Lactose Milk	Teriyaki Meatballs Mixed Vegetables Pineapples Fried Rice Whole/1%/Lactose Milk	Sun Butter Sandwiches Chips Mixed Fruit Cups Bread Crust Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Meat or meat alternate	Granola Bars Applesauce	Tortilla Salsa	Ritz Crackers Shredded Cheese	Trail Mix Orange Slices	Goldfish Crackers Apple Slices

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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