



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>10/13/2025</u>	Tuesday: Date <u>10/14/2025</u>	Wednesday: Date <u>10/15/2025</u>	Thursday: Date <u>10/16/2025</u>	Friday: Date <u>10/17/2025</u>
Breakfast - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/ 1% Milk	Apple Muffins & Egg (dairy free) Fresh Berries Whole/ 1% Milk	Cheese Grits Peaches Whole/ 1% Milk	Bagels & Cream Cheese Apple Slices Whole/1% Milk	Pancakes Fresh Berries Whole/ 1% Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Grain/ bread - Milk, fluid	Meatless Baked Ziti Mixed Vegetables Pears Pasta Whole/ 1% Milk	Chicken & Waffles Corn / Carrots (Todd) Pineapples Waffle Whole/ 1% Milk	Creamy Ravioli Steamed Broccoli Honey Dew Melon Pasta Whole/ 1% Milk	Turkey Sloppy Joe Coleslaw/Potatoes (Tod) Mixed Fruit Wheat Bun Whole/1% Milk	Vegetarian Chili Mac Green Beans Peaches Corn Muffin 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	Cinnamon Crisp Low-fat Yogurt	Tortilla Ritz Crackers (Toddler) Cheese Dip	Cheese It's Crackers Applesauce	Animal Crackers Sun Butter	Trail Mix Mixed Fruit

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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