



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>10/20/2025</u>	Tuesday: Date <u>10/21/2025</u>	Wednesday: Date <u>10/22/2025</u>	Thursday: Date <u>10/23/2025</u>	Friday: Date <u>10/24/2025</u>
Breakfast - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Apple Slices Whole/1%/Lactose Milk	Toast & Jelly Turkey Bacon Whole/1%/Lactose Milk	Pumpkin Spice Oatmeal Baked Apples Whole/1%/ Lactose Milk	French Toast Fresh Berries Whole/1%/ Lactose Milk	Cinnamon Muffins Mixed Fruit Whole/1%/Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Whole Grain/ bread - Milk, fluid	Hearty Vegetable Soup Mixed Vegetables Pears Sweet Potato Crackers Whole/1%/Lactose Milk	Chicken Fajitas Fajita Vegetables Pineapples Tortilla Whole/1%/Lactose Milk	Swedish Meatballs CA Blend Vegetables Mandarin Oranges Rice Whole/1%/Lactose Milk	Tomato Rigatoni Corn/Carrots (Toddlers Mangos Creamy Pasta Whole/1%/Lactose Milk	Pizza Bites Salad/Broccoli (Toddler Applesauce Wheat 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	Low-fat Yogurt Fruit	Graham Crackers Sun Butter	Ritz Crackers Cheese Sticks	Veggie Straws Applesauce	Vanilla Wafers Bananas

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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