



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 FOUR MENU

Menu for children 1 to 12 years old

Meal Components	Monday Date <u>10/27/2025</u>	Tuesday Date <u>10/28/2025</u>	Wednesday Date <u>10/29/2025</u>	Thursday Date <u>10/30/2025</u>	Friday Date <u>10/31/2025</u>
Breakfast - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/1%/ Lactose Milk	Turkey Sausage Breakfast Pizza Apple Slices Whole/1%/Lactose Milk	WG Rice Chex Cereal Fresh Berries Whole/1%/Lactose Milk	Turkey Sausage & Biscuit Peaches Whole/1%/Lactose Milk	Waffles Mangos Whole/1%/Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Whole Grain/ bread - Milk, fluid	Cheese Tortellini Mixed Vegetables Pineapples Pasta Whole/1%/Lactose Milk	Sweet & Sour Chicken Peas & Carrots Apricots Spanish Rice Whole/1%/Lactose Milk	Sun Butter Sandwiches Tater Tots Mandarin Oranges Wheat Bread Whole/1%/Lactose Milk	Chicken Alfredo Broccoli Pears Pasta Whole/1%/Lactose Milk	Tuna Salad House Salad / Carrots Mixed Fruit Wheat Crackers 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	Goldfish Crackers Applesauce	Ritz Crackers (Toddler) Pretzels Hummus	Shortbread Cookies Low-fat Yogurt	Wheat Crackers Slices Cheese	Sun Butter 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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