



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 ONE MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>10/6/2025</u>	Tuesday: Date <u>10/7/2025</u>	Wednesday: Date <u>10/8/2025</u>	Thursday: Date <u>10/9/2025</u>	Friday: Date: <u>10/10/2025</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Bananas Whole/1%/Lactose Milk	French Toast Fresh Fruits Whole/1%/Lactose Milk	Biscuits & Turkey Sausage Applesauce Whole/1%/Lactose Milk	Cinnamon Oats & English Muffins Peaches Whole/1%/Lactose Milk	Pancakes Juicy Blueberries Whole/1%/Lactose Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Broccoli & Cheese Casserole Steamed Carrots Peaches Rice Whole/1%/Lactose Milk	Turkey & Cheese Sliders Pasta Salad Pears Wheat Rolls Whole/1%/Lactose Milk	Macaroni & Cheese Steamed Broccoli Mandarin Oranges Wheat Rolls Whole/1%/Lactose Milk	Chicken Pot Pie Green Beans Pineapples Pie Crust Whole/1%/Lactose Milk	Baked Fish Nuggets Salad/ Peas & Carrots Mixed Fruit Wheat Rolls Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Meat or meat alternate 	Sun Butter Apple Slices	Chips Salsa	Pretzels Hummus	Wheat Thins Fresh Fruits	Goldfish Crackers Applesauce

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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