



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>9/14/2026</u>	Tuesday: Date <u>9/15/2026</u>	Wednesday: Date <u>9/16/2026</u>	Thursday: Date <u>9/17/2026</u>	Friday: Date <u>9/18/2026</u>
Breakfast - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Apricots Whole/ 1% Milk	Muffins Applesauce Whole/ 1% Milk	Waffles Bananas Whole/ 1% Milk	Hash Brown Turkey Sausage Peaches Whole/1% Milk	French Toast Apples Whole/ 1% Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Grain/ bread - Milk, fluid	Baked Ravioli Peas & Carrots Pears Pasta Whole/ 1% Milk	Chicken Taco Casserole Green Beans Mangos Tortillas Whole/ 1% Milk	Cheese Casserole Broccoli Pineapples Wheat Rolls Whole/ 1% Milk	Beef Lasagna House Salad/ Peas Mandarin Oranges Garlic Bread Whole/1% Milk	Fish Sticks Potatoes Mixed Fruit Hawaiian Rolls 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	Sun Butter Apple Slices	Goldfish Crackers Low-fat Yogurt	Animal Crackers Fruit Cups	Veggie Straws Ranch Dipping	Trail Mix 100% Juice

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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