



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>9/28/2026</u>	Tuesday Date <u>9/29/2026</u>	Wednesday Date <u>9/30/2026</u>	Thursday Date <u>10/1/2026</u>	Friday Date <u>10/2/2026</u>
Breakfast - Whole Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods	WG Cereal Bananas Whole/1%/ Lactose Milk	French Toast Peaches Whole/1%/Lactose Milk	Muffins Applesauce Whole/1%/Lactose Milk	Cinnamon Oatmeal Baked Apples Whole/1%/Lactose Milk	Rice Chex Cereal Fresh Fruit Whole/1%/Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Whole Grain/ bread - Milk, fluid	Baked Tortellini Green Peas Pears Pasta Whole/1%/Lactose Milk	Teriyaki Chicken & Rice Mixed Vegetables Mangos Wheat Rolls Whole/1%/Lactose Milk	Hearty Vegetable Soup California Vegetables Apricots Naan Bread Whole/1%/Lactose Milk	Meatballs w/ gravy Mashed Potatoes Mandarin Oranges Corn Muffins Whole/1%/Lactose Milk	Cheese Quesadilla Carrots Mixed Fruit Tortillas 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	Animal Crackers Low-fat Yogurt	Tortillas Salsa	Goldfish Crackers Fruit Cups	Ritz Crackers Cheese Slices	Veggie Straws 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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