



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>9/7/2026</u>	Tuesday: Date <u>9/8/2026</u>	Wednesday: Date <u>9/9/2026</u>	Thursday: Date <u>9/10/2026</u>	Friday: Date: <u>9/11/2026</u>
Breakfast - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Other foods		WG Cereal Bananas Whole/1%/Lactose Milk	Bran Muffins Applesauce Whole/1%/Lactose Milk	Parfait Mixed Fruit Whole/1%/Lactose Milk	Cheese Grits Turkey Sausage Mangos Whole/1%/ Lactose Milk
Lunch - Meat or meat alternate - Vegetable - Fruit - Grain/ bread - Milk, fluid	CLOSED FOR LABOR DAY HOLIDAY	Hearty Vegetable Soup Mixed Vegetables Pears Naan Bread Whole/1%/Lactose Milk	Chicken Strips Roasted Potatoes Mandarin Oranges Wheat Rolls Whole/1%/Lactose Milk	Turkey Sliders Sun Chips Peaches Wheat Buns Whole/1%/Lactose Milk	Beef Spaghetti Corn/Broccoli (Toddlers) Mixed Fruit Garlic Bread Whole/1%/Lactose Milk
PM Snack Two of these four components will be present) - Grain/bread - Juice, fruit or vegetable - Milk, fluid - Meat or meat alternate		Animal Crackers Low-fat Yogurt	Chex Mix 100% Juice	Teddy Graham Crackers Vanilla Pudding	Goldfish Crackers Fruit Cups

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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