



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](http://ChooseMyPlate.gov) for more information.

## WEEK ONE MENU

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>9/1/2025</u>	Tuesday: Date <u>9/2/2025</u>	Wednesday: Date <u>9/3/2025</u>	Thursday: Date <u>9/4/2025</u>	Friday: Date: <u>9/5/2025</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>		WG Cereal  Bananas  Whole/1%/Lactose Milk	Bagels w/ jelly  Apple Slices  Whole/1%/Lactose Milk	Oatmeal Bars  Fresh Melons  Whole/1%/Lactose Milk	<b>Grits-n-Grandparents</b>  Cheese Grits  Turkey Bacon  Whole/1%/Lactose Milk
<b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Grain/ bread</li> <li>Milk, fluid</li> </ul>	<b>CLOSED FOR LABOR DAY</b>	Grill Chicken Nuggets  Green Beans Peaches  Wheat Rolls  Whole/1%/Lactose Milk	Turkey Pot Roast  Mashed Potatoes Pineapples  Wheat Rolls  Whole/1%/Lactose Milk	Fettuccini Alfredo  Broccoli Mixed Fruit  Garlic Bread  Whole/1%/Lactose Milk	Beef Burgers  Tator Tots Mandarin Oranges  Wheat Buns  Whole/1%/Lactose Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>		Chex Cereal  Low-fat Yogurt	Ritz Crackers  Cheese Sticks	Teddy Grahams  Bananas	Sweet Potato Crackers  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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