



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 MENU THREE

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>9/15/2025</u>	Tuesday: Date <u>9/16/2025</u>	Wednesday: Date <u>9/17/2025</u>	Thursday: Date <u>9/18/2025</u>	Friday: Date <u>9/19/2025</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Apple Slices Whole/1%/Lactose Milk	WG Muffins Fresh Berries Whole/1%/Lactose Milk	Biscuits w/ jelly Fresh Melons Whole/1%/ Lactose Milk	French Toast Juicy Oranges Whole/1%/ Lactose Milk	Cheese Grits Turkey Bacon or Sausage Whole/1%/Lactose Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Chicken Nuggets Mashed Potatoes Mixed Fruit Wheat Rolls Whole/1%/Lactose Milk	Beef Tacos Black Beans / Corn Pears Tortilla Whole/1%/Lactose Milk	Spaghetti Peas & Carrots / Salad Pineapples Garlic Bread Whole/1%/Lactose Milk	Cod Nuggets Lima Beans Peaches Rice Whole/1%/Lactose Milk	Sun Butter Sandwich Mixed Vegetables Applesauce Garlic Bread Whole/1%/ Lactose Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Meat or meat alternate 	Granola Low-fat Yogurt	Fig Bars Craisins	Animal Crackers Bananas	Cheese It's Crackers Apple Slices	Pretzels 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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