



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>9/22/2025</u>	Tuesday Date <u>9/23/2025</u>	Wednesday Date <u>9/24/2025</u>	Thursday Date <u>9/25/2025</u>	Friday Date <u>9/26/2025</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Bananas Whole/1%/ Lactose Milk	Cinnamon Oatmeal Baked Apples Whole/1%/Lactose Milk	Biscuits & Turkey Bacon Fresh Strawberries Whole/1%/Lactose Milk	Pancakes Fresh Blueberries Whole/1%/Lactose Milk	Bagels w/cream cheese Assorted Fruits Whole/1%/Lactose Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Cheese Tortellini Roasted Glaze Carrots Pears Pasta Whole/1%/Lactose Milk	Turkey Tacos Black Beans / Corn Mangos Tortillas Whole/1%/Lactose Milk	Parmesan Alfredo Steamed Broccoli Peaches Noan Bread Whole/1%/Lactose Milk	Turkey Sloppy Joes Green Beans Pineapples Wheat Buns Pre-K: Sack Lunch Whole/1%/Lactose Milk	Cheese Pizza Mixed Vegetables/ Salad Mixed Fruit Wheat Crust 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 	Graham Crackers (Todd) Pretzels Sun Butter	Vanilla Wafers (Toddlers) Chips Salsa	Graham Crackers Low-fat Yogurt	Cheese It's Crackers Strawberry Applesauce	Goldfish Crackers 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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