



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 TWO MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>9/8/2025</u>	Tuesday: Date <u>9/9/2025</u>	Wednesday: Date <u>9/10/2025</u>	Thursday: Date <u>9/11/2025</u>	Friday: Date <u>9/12/2025</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Fresh Berries Whole/ 1% Milk	Waffles Bananas Whole/ 1% Milk	WG Donuts Juicy Oranges Whole/ 1% Milk	English Muffins Fresh Melons Whole/1% Milk	Hash Browns Apple Slices Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Chicken Taquitos Black Beans Applesauce Tortilla Whole/ 1% Milk	Pizza Green Beans Pears Wheat Crust Whole/ 1% Milk	Roasted Chicken Stir-fry Vegetables Pineapples Spring Rolls Whole/ 1% Milk	Grill Cheese Sandwich Veggie Straws Mixed Fruit Wheat Bread Whole/1% Milk	Chicken Wings/Shredded Mixed Vegetables Peaches Rice Whole/ 1% Milk
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Meat or meat alternate 	Pretzels Fruit Cups	Gram-fish Crackers Low-fat Yogurt	Cheese It's Crackers Apple Slices	Animal Crackers Bananas	Cereal Puffs 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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