



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>4/21/2025</u>	Tuesday: Date <u>4/22/2025</u>	Wednesday: Date <u>4/23/2025</u>	Thursday: Date <u>4/24/2025</u>	Friday: Date <u>4/25/2025</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Juicy Oranges Whole/ 1% Milk	Bagels w/ jelly Fresh Berries Whole/1% Milk	WG Donuts Apple Slices Whole/ 1% Milk	French Toast Fresh Melons Whole/ 1% Milk	Oatmeal Bars Bananas Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Chicken Quesadilla Black Beans Pears Tortilla Whole/ 1% Milk	Sun Butter Tator Tots Pineapples Wheat Crust Whole/ 1% Milk	Fish Sticks Green Beans Mixed Fruit Wheat Rolls Whole/ 1% Milk	Cheese Pizza Corn Peaches Wheat Crust Whole/ 1% Milk	Grill Cheese Sandwich Veggie Straws Applesauce Wheat Bread Whole/ 1% 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 	Ritz Cheese Crackers Apple Slices	Chewy Bars Low-fat Yogurt	Children Snack Day	Puff Cereal Fruit Cups	Granola Bites 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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