



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>12/2/2024</u>	Tuesday: Date <u>12/3/2024</u>	Wednesday: Date <u>12/4/2024</u>	Thursday: Date <u>12/5/2024</u>	Friday: Date: <u>12/6/2024</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>	Oatmeal Bar Juicy Oranges Whole/ 1% Milk	Cinnamon Rolls Bananas Whole/ 1% Milk	Cheese Grits Apple Slices Whole/1% Milk	Bagels w/ jelly Fresh Melons Whole/ 1% 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>	BBQ Meatballs Mixed Vegetables Peaches Brown Rice Whole/ 1% Milk	Beef Chili Black & Kidney Beans Pears Corn Muffins Whole/ 1% Milk	Creamy Alfredo Noodles Broccoli Mixed Fruit Garlic Bread Whole/1% Milk	Chicken Wings Tator Tots Applesauce Wheat Buns Whole/ 1% Milk	<b>CENTER CLOSED FOR  PARENT CONFRENCES</b>
<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	Graham Crackers Apple Slices	Pita Chips / Bread Hummus	Ritz Crackers Cheese Sticks	

**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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