



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 FOUR MENU

### Menu for children 1 to 12 years old

Meal Components	Monday Date <u>2/24/2025</u>	Tuesday Date <u>2/25/2025</u>	Wednesday Date <u>2/26/2025</u>	Thursday Date <u>2/27/2025</u>	Friday Date <u>2/28/2025</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Other foods</li> </ul>	Oatmeal Bars  Crunchy Apple Slices  Whole / 1% Milk	Cheese Grits  Turkey Sausage  Whole / 1% Milk	Raisin Bread  Fresh Berries  Whole / 1% Milk	WG Cereal  Bananas  Whole/ 1% Milk	WG Muffins  Juicy 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>Whole Grain/ bread</li> <li>Milk, fluid</li> </ul>	Chicken Taquitos  Black Beans & Corn Salad Pears  Tortilla  Whole / 1% Milk	Country Fried Steak  Mashed Potatoes Mixed Fruit  Wheat Rolls  Whole / 1% Milk	Southern Red Beans & Rice Mixed Vegetables Applesauce  Corn Muffin  Whole / 1% Milk	Alfredo Pasta  Broccoli Peaches  Garlic Bread  Whole/ 1% Milk	Beef Burgers  Sweet Potato Tots Pineapples  Wheat Buns  Whole/ 1% Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>Whole Grain/bread</li> <li>Juice, fruit or vegetable</li> <li>Milk, fluid</li> <li>Meat or meat alternate</li> </ul>	Animal Crackers  Bananas	Tiger Bite Cookies  Assorted Jell-O	Cheese Crackers  Juicy Oranges	Pretzel Crackers  Apple Slices	Puff Cereals  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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