



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>1/13/2025</u>	Tuesday: Date <u>1/14/2025</u>	Wednesday: Date <u>1/15/2025</u>	Thursday: Date <u>1/16/2025</u>	Friday: Date <u>1/17/2025</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	Biscuits & jelly Fresh Melons Whole/ 1% Milk	Cheese Toast Fresh Berries Whole/ 1% Milk	Waffles Bananas Whole/ 1% Milk	Danish Turkey Sausage Whole/1% Milk	WG Cereal Juicy Oranges Whole/1% Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Grilled Cheese Mixed Vegetables Pears Wheat Bread Whole/ 1% Milk	Tortellini Green Beans Peaches Garlic Bread Whole/ 1% Milk	BBQ Meatballs Peas & Carrots Pineapples Brown Rice Whole/ 1% Milk	Chicken Nuggets Mashed Potatoes Mixed Fruit Wheat Rolls Whole/1% Milk	Pizza Garden Salad / Mix Veg Applesauce Wheat Crust 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 	Pretzel Snack Apple Slices	Fig Bars Bananas	Animal Crackers Low-fat Yogurt	Cheese It's Crackers Fruit Cups	Veggie Straws 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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