

WEEK MENU THREE
Menu for children 1 to 12 years old



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.

Meal Components	Monday: Date <u>1/20/2025</u>	Tuesday: Date <u>1/21/2025</u>	Wednesday: Date <u>1/22/2025</u>	Thursday: Date <u>1/23/2025</u>	Friday: Date <u>1/24/2025</u>
Breakfast <ul style="list-style-type: none"> • Whole Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 		Oatmeal Bar Bananas Whole/1% Milk	Creamy Cheese Grits Apple Slices Whole/ 1% Milk	Cinnamon Rolls Fresh Melons Whole/ 1% Milk	WG Cereal Juicy Oranges Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Whole Grain/ bread • Milk, fluid 	CLOSED FOR M.L. KING DAY	Taquitos Black Beans Pineapples Tortilla Whole/ 1% Milk	Alfredo Pasta Peas / Salad Peaches Wheat Rolls Whole/ 1% Milk	Chicken & Gravy Mixed Vegetables Pears Brown Rice Whole/ 1% Milk	WG Sandwich Diced Potatoes 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 		Pretzel Snack 100% Juice	Animal Crackers Low-fat Yogurt	Cheese It's Crackers Apple Slices	Granola Bars Fruit Cups

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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