



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 ONE MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>6/3/2024</u>	Tuesday: Date <u>6/4/2024</u>	Wednesday: Date <u>6/5/2024</u>	Thursday: Date <u>6/6/2024</u>	Friday: Date <u>6/7/2024</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Fresh Berries Whole/ 1% Milk	Bagels & jelly Fresh Melons Whole/ 1% Milk	Cheese Grits Turkey Sausage Whole/1% Milk	WG Donuts Apple Slices Whole/1%/ Milk	WG Sticky Bun Juicy Oranges Whole/1% Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Diced Chicken Stir-fry Vegetables Peaches Lo-Mein Noodles Whole/ 1% Milk	BBQ Meatballs Mashed Potatoes Mixed Fruit Wheat Rolls Whole/ 1% Milk	Chicken Tenders Mixed Vegetables Pineapples Brown Rice Whole/1% Milk	Pizza Garden Salad Pears Wheat Crust Whole/1% Milk	Tortellini Broccoli Sliced Apples Garlic Bread 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 	Ritz Crackers Cheese Cubes	Fig Bars Apple Slices	Animal Crackers Bananas	Veggie Straws 100% Juice	Ice Cream Day! Chex Cereal Low-fat Yogurt

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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