



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 FIVE MENU

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>3/31/2025</u>	Tuesday: Date <u>4/1/2025</u>	Wednesday: Date <u>4/2/2025</u>	Thursday: Date <u>4/3/2025</u>	Friday: Date <u>4/4/2025</u>
Breakfast <ul style="list-style-type: none"> Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	WG Cereal Bananas Whole/ 1% Milk	Cheese Toast Fresh Berries Whole/ 1% Milk	Waffles Oranges Whole/ 1% Milk	Cheese Grits Turkey Sausage Whole/ 1% Milk	Biscuit w/jelly Apple Slices Whole/ 1% Milk
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Grain/ bread Milk, fluid 	Roasted Chicken Stir-fry Vegetables Pineapples Lo-Mein Noodles Whole/ 1% Milk	Beef Tacos Black Bean Salad Peaches Tortilla Whole/ 1% Milk	Cheese Pierogies Green Beans Pears Garlic Bread Whole/ 1% Milk	Meatballs w/ gravy Mixed Vegetables Applesauce Rice Whole/ 1% Milk	Cheese Pizza Broccoli Mixed Fruit Wheat Crust
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 	Cheese Crackers Apple Slices	Granola Bitz Low-fat Yogurt	Vanilla Wafers Fresh Melons	Animal Crackers Bananas	Puff Cereal 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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