



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 ONE MENU

### Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>11/4/2024</u>	Tuesday: Date <u>11/5/2024</u>	Wednesday: Date <u>11/6/2024</u>	Thursday: Date <u>11/7/2024</u>	Friday: Date: <u>11/8/2024</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grain/bread</li> <li>• Juice, fruit or vegetable</li> <li>• Milk, fluid</li> <li>• Other foods</li> </ul>	WG Cereal Bananas Whole/ 1% Milk	Nutri-Gran Bars Juicy Oranges Whole/ 1% Milk	English Muffins Apple Slices Whole/1% Milk	Waffles Fresh Berries Whole/ 1% Milk	Biscuits w/ jelly Fresh 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>• Grain/ bread</li> <li>• Milk, fluid</li> </ul>	Turkey Meatballs & Gravy Green Peas Mixed Fruit Brown Rice Whole/ 1% Milk	Chicken Nuggets Mixed Vegetables Peaches Wheat Bread Whole/ 1% Milk	Macaroni-n-Cheese Broccoli Pineapples Wheat Rolls Whole/1% Milk	Hamburgers Sweet Potato Fries Pears Wheat Bun Whole/ 1% Milk	Cheese Pizza Garden Salad Applesauce Wheat Crust Whole/ 1% Milk
<b>PM Snack</b> Two of these four components will be present) <ul style="list-style-type: none"> <li>• Grain/bread</li> <li>• Juice, fruit or vegetable</li> <li>• Milk, fluid</li> <li>• Meat or meat alternate</li> </ul>	Animal Crackers Apple Slices	Mini Granolas Low-fat Yogurt	Ritz Crackers Cheese Cubes	Cheese It's Crackers Bananas	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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