



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>10/14/2024</u>	Tuesday: Date <u>10/15/2024</u>	Wednesday: Date <u>10/16/2024</u>	Thursday: Date <u>10/17/2024</u>	Friday: Date <u>10/18/2024</u>
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, fluid • Other foods 	WG Cereal Bananas Whole/ 1% Milk	Muffins Juicy Oranges Whole/ 1% Milk	Biscuits w/ Jelly Turkey Sausage Whole/ 1% Milk	Pancakes Fresh Melons Whole/1% Milk	Cheese Toast Apple Slices Whole/1% Milk
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable • Fruit • Grain/ bread • Milk, fluid 	Bean & Cheese Burrito Black Beans Mixed Fruit Tortilla Whole/ 1% Milk	Chicken Nuggets Green Peas Applesauce Wheat Bread Whole/ 1% Milk	Tortellini w/ Red Sauce Green Beans Pears Garlic Bread Whole/ 1% Milk	Beef or Turkey Cheeseburgers Tator Tots Pineapples Wheat Buns Whole/1% Milk	Fish Sticks Mashed Potatoes Peaches Wheat 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 	Animal Crackers Apple Slices	Granola Bites Low-fat Yogurt	Graham Crackers Bananas	Pita Bread / Chips Hummus	Ritz Crackers Cheese Slices

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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