

# Weekly Menu

FEBRUARY 2 - 6, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BREAKFAST</b> Life Cereal, Fresh Fruit, Milk</p> <p><b>LUNCH</b> Turkey and <b>Cheese</b> Wrap, Tater Tots Fresh Fruit, Milk</p> <p><b>SNACK</b> Tropical Fruit, Chex Mix, Water</p>	<p><b>BREAKFAST</b> Grits, Sausage <b>Plant-Based Option</b>, Milk</p> <p><b>LUNCH</b> Beefaroni <b>Plant-Based Option</b> California Blend Fresh Fruit, Milk</p> <p><b>SNACK</b> Hummus / Cheese, Tostitos Chips, Water</p>	<p><b>BREAKFAST</b> Yogurt Parfait, Fresh Fruit, Milk</p> <p><b>LUNCH</b> Cheese Quesadilla Green Beans Fresh Fruit, Milk</p> <p><b>SNACK</b> String Cheese Stick, Club or Whole Grain Ritz Crackers, Water</p>	<p><b>BREAKFAST</b> Special K, Fresh Fruit Milk</p> <p><b>LUNCH</b> Chicken Alfredo <b>Plant-Based Option</b> Broccoli, Garlic Bread Fresh Fruit, Milk</p> <p><b>SNACK</b> Vanilla Greek Yogurt, Lorna Doone Shortbread, Water</p>	<p><b>BREAKFAST</b> French Toast Scrambled Eggs, Milk</p> <p><b>LUNCH</b> Brunch (Biscuit, Sausage, Eggs, Hashbrowns) <b>Plant-Based Option</b> Fresh Fruit, Milk</p> <p><b>SNACK</b> Mixed Fresh Fruit, Goldfish, Water</p>

\* Highlighted words are eggfree, dairy or plant based meatless options

## PORTION SIZE GUIDELINES

Breakfast for ages 1-2: 4 oz fluid milk; 1/4 cup fruit; 1 oz protein; 1/2 slice, 1/4 cup dry, or 1/4 cup cooked grains

Breakfast for ages 3-5: 6 oz fluid milk; 1/2 cup fruit; 1.5 oz protein; 1/2 slice, 1/3 cup dry, or 1/4 cup cooked grains

Lunch for ages 1-2: 4 oz fluid milk; 1/8 cup vegetable; 1/8 cup fruit; 1 oz protein; 1/2 slice or 1/2 cup grains

Lunch for ages 3-5: 6 oz fluid milk; 1/4 cup vegetable; 1/4 cup fruit; 1.5 oz protein; 1/2 slice or 1/2 cup grains

Snack for all ages: 1/2 cup vegetable; 1/2 cup fruit; 1/2 oz protein; 1/2 slice or 1/2 cup grains