

Weekly Menu

NOVEMBER 10 -14 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Special K, Fresh Fruit, Milk LUNCH Turkey Ziti Cheese Ziti Peas Fresh Fruit, Milk SNACK White Cheddar Cheezits Applesauce Water	BREAKFAST Biscuits and Sausage Gravy Fresh Fruit, Milk LUNCH Salisbury Steak Plant-Based Option Brown Rice, Cauliflower Fresh Fruit, Milk SNACK Pretzels Carrots, Water	BREAKFAST Cheerios Fresh Fruit, Milk LUNCH Cheesy Flatbread Pizza Salad Fresh Fruit, Milk SNACK Fig Bars Greek Yogurt Water	BREAKFAST Waffles Eggs, Milk LUNCH Chicken nuggets Plant-Based Option Wheat Roll, Green Beans Fresh Fruit, Milk SNACK Cheese Stick Ritz Crackers Water	BREAKFAST Cheese Grits Milk LUNCH Grilled Turkey and Cheese Sandwich on Whole Wheat Bread Carrots Fresh Fruit, Milk SNACK Chex Mix Fresh Fruit, Water

* 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