

# Weekly Menu

JANUARY 5 - 9 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BREAKFAST</b> Cheerios Fresh fruit, Milk</p> <p><b>LUNCH</b> Turkey Chili <b>Plant-Based Option</b> Cornbread Fresh Fruit, Milk</p> <p><b>SNACK</b> Veggie Straws Fresh Fruit Water</p>	<p><b>BREAKFAST</b> Oatmeal Fresh fruit, Milk</p> <p><b>LUNCH</b> Salisbury Steak <b>Plant-Based Option</b> Brown Rice, Peas Fresh Fruit, Milk</p> <p><b>SNACK</b> String cheese, Animal Crackers Water</p>	<p><b>BREAKFAST</b> Breakfast potatoes Sausage, <b>Plant-Based Option</b>, Milk</p> <p><b>LUNCH</b> Mexican Rice and Beans, Carrots Fresh Fruit, Milk</p> <p><b>SNACK</b> Cheez its Fresh Fruit Water</p>	<p><b>BREAKFAST</b> Rice Chex Cereal Fresh fruit, Milk</p> <p><b>LUNCH</b> Chicken Tortilla Soup <b>Plant-Based Option</b> Fresh Fruit, Milk</p> <p><b>SNACK</b> Graham Crackers Applesauce Water</p>	<p><b>BREAKFAST</b> Cheese Grits Scrambled Eggs, Milk</p> <p><b>LUNCH</b> Cheese Pizza Lima Beans Fresh Fruit, Milk</p> <p><b>SNACK</b> Shortbreads Vanilla Greek Yogurt 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