

# Weekly Menu

January 12 - 16, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BREAKFAST</b> Cornflakes Fresh fruit, Milk</p> <p><b>LUNCH</b> Turkey Stroganof <b>Plant-Based Option</b> Broccoli Fresh Fruit, Milk</p> <p><b>SNACK</b> String cheese, Club Crackers Water</p>	<p><b>BREAKFAST</b> Cream Of Wheat Fresh fruit, Milk</p> <p><b>LUNCH</b> Meatballs <b>Plant-Based Option</b> Green beans Mashed Potatoes Fresh Fruit, Milk</p> <p><b>SNACK</b> Fig Bars Applesauce Water</p>	<p><b>BREAKFAST</b> Cinnamon Raisin Bread Sausage, <b>Plant-Based Option</b>, Milk</p> <p><b>LUNCH</b> Tomato Soup Grilled Cheese Fresh Fruit, Milk</p> <p><b>SNACK</b> Goldfish Fresh Fruit Water</p>	<p><b>BREAKFAST</b> Special K Fresh fruit, Milk</p> <p><b>LUNCH</b> Chicken and Dumplings <b>Plant-Based Option</b> Mixed Veggies Fresh Fruit, Milk</p> <p><b>SNACK</b> Belvita Vanilla Greek Yogurt Water</p>	<p><b>BREAKFAST</b> Cheese Biscuit Milk</p> <p><b>LUNCH</b> Fish Patty WG Roll, Corn Fresh Fruit, Milk</p> <p><b>SNACK</b> Wheat Thins Pimento Cheese 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