

Weekly Menu

APR 13 - 17, 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| <p>BREAKFAST Cinnamon Raisin Bread Fresh Fruit, Milk</p> <p>LUNCH Turkey and Cheese Wraps Cucumbers w/ Ranch Fresh Fruit, Milk</p> <p>SNACK Chex Mix Applesauce Water</p> | <p>BREAKFAST Breakfast Casserole Milk</p> <p>LUNCH Whole Wheat Spaghetti w/ Meat Sauce Plant-Based Option Green Beans Fresh Fruit, Milk</p> <p>SNACK String Cheese Stick Whole Grain Saltines Water</p> | <p>BREAKFAST Muffins Fresh Fruit, Milk</p> <p>LUNCH Sunbutter and Strawberry Jam Sammie Carrots Fresh Fruit, Milk</p> <p>SNACK Vanilla Greek Yogurt Belvita</p> | <p>BREAKFAST Whole Grain Bran Flakes Fresh Fruit, Milk</p> <p>LUNCH Baked Beans w/ Hot Dogs Plant-Based Option Rice Fresh Fruit, Milk</p> <p>SNACK Whole Grain Fig Bars Tropical Fruit Water</p> | <p>BREAKFAST Cheese Toast Milk</p> <p>LUNCH Tuna Salad Plant-Based Option Crackers, Mixed Veggies Fresh Fruit, Milk</p> <p>SNACK Chex Mix Mixed Fresh Fruit 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