

Weekly Menu

DECEMBER 1- 5 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST Kix Fresh Fruit, Milk</p> <p>LUNCH Turkey Pot Pie Plant-Based Option Green Beans Fresh Fruit, Milk</p> <p>SNACK Belvita Applesauce Water</p>	<p>BREAKFAST Sausage Biscuit Plant-Based Option Milk</p> <p>LUNCH Salisbury Steak Plant-Based Option Brown Rice Broccoli Fresh Fruit, Milk</p> <p>SNACK String Cheese Crackers Water</p>	<p>BREAKFAST Cornflakes Fresh Fruit, Milk</p> <p>LUNCH Veggie Nachos Cheese, lettuce, pico de gallo, black beans Fresh Fruit, Milk</p> <p>SNACK Veggie Straws Carrots Water</p>	<p>BREAKFAST Hashbrowns Scrambled Eggs, Milk</p> <p>LUNCH Sausage Tortellini Soup Plant-Based Option Whole Wheat Bread Fresh Fruit, Milk</p> <p>SNACK Animal Crackers Fresh Fruit Water</p>	<p>BREAKFAST Yogurt Parfait Milk</p> <p>LUNCH Fish Patty Whole Wheat Bread Carrots Fresh Fruit, Milk</p> <p>SNACK Chex Mix Fresh Fruit Water</p>

* Highlighted words are 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

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