Weekly Menu

NOVEMBER 9 -13 2026



Yates Baptist
CHILD DEVELOPMENT CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Corn Flakes Fresh Fruit, Milk **LUNCH** Turkey Cheese Sandwich Cauliflower Fresh Fruit, Milk **SNACK** Trail Mix Applesauce Water	**BREAKFAST** Waffles Sausage, Milk **LUNCH** Mac n Cheese Greenbeans Fresh Fruit, Milk **SNACK** Crackers Cheese Cubes Water	**BREAKFAST** Oatmeal Fresh Fruit, Milk **LUNCH** Beef and Gravy Rice, California Blend Fresh Fruit, Milk **SNACK** Graham Crackers Greek Yogurt Water	**BREAKFAST** Muffins Fresh Fruit, Milk **LUNCH** Sausage Tortellini Soup Fresh Fruit, Milk **SNACK** Apples Sunbutter Water	**BREAKFAST** Biscuits Stewed Apples,Milk **LUNCH** Fish Nuggets, roll Carrot Green Bean Blend Fresh Fruit, Milk **SNACK** Chef Choice Fresh Fruit, Water

*** Highlighted words have 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