

Weekly Menu

SEP. 28 - OCT. 2, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bagels w Cream Cheese Fresh Fruit, Milk LUNCH Turkey & Cheese Cracker Stackers Cauliflower Fresh Fruit, Milk SNACK Animal Crackers Applesauce Water	BREAKFAST Corn Flakes Fresh Fruit, Milk LUNCH Whole Grain Spaghetti w/Meat Sauce Plant Based Meat Sauce Mixed Veggies Fresh Fruit, Milk SNACK Pretzels Fresh Fruit Water	BREAKFAST Cinnamon Raisin Bread Sausage Plant-Based Sausage Milk LUNCH Chicken Patty Sandwich Corn Fresh Fruit, Milk SNACK Cheese Crackers Water	BREAKFAST Cherrios Fresh Fruit Milk LUNCH Rice and Beans California Blend Fresh Fruit, Milk SNACK Graham Crackers Fresh Fruit Water	BREAKFAST Biscuit Scrambled Eggs, Milk LUNCH Cheese Pizza Green Beans Fresh Fruit, Milk SNACK Veggie Straws Fresh Fruit Water

* 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