

Weekly Menu

DECEMBER 8- 12 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Cheerios Fresh Fruit, Milk LUNCH Grilled Turkey and Cheese Sandwich Green Beans Fresh Fruit, Milk SNACK Veggie Straws Cheese Water	BREAKFAST Muffins Fresh Fruit, Milk LUNCH Beef Chili Chili w/ Beans Cornbread Fresh Fruit, Milk SNACK Short Bread Cookies Fresh Fruit Water	BREAKFAST Chex Cereal Fresh Fruit, Milk LUNCH Broccoli Cheese Soup Roll Fresh Fruit, Milk SNACK Yogurt Fresh Fruit Water	BREAKFAST Waffles Fresh Fruit, Milk LUNCH Chicken Alfredo Plant-Based Option Broccoli Garlic Bread Fresh Fruit, Milk SNACK Club Crackers Sunbutter Water	BREAKFAST Grits Sausage Plant-Based Option Milk LUNCH Cheese Pizza Salad Fresh Fruit, Milk SNACK Chex Mix Applesauce 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