

Weekly Menu

AUGUST 10 - 14 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Waffles Fresh Fruit, Milk	BREAKFAST Whole Grain Special K, Fresh Fruit, Milk	BREAKFAST Pancakes, Sausage, Milk	BREAKFAST Whole Grain Cheerios, Fresh Fruit, Milk	BREAKFAST Oatmeal , Fresh Fruit, Milk
LUNCH Turkey and Cheese , Cracker Sandwich Cucumbers Fresh Fruit, Milk	LUNCH Sloppy Joes, Meatless Joes , Corn, Fresh Fruit, Milk	LUNCH Rice and Beans, Broccoli, Fresh Fruit, Milk	LUNCH Chicken Alfredo, Plant Based Option Green Beans, Fresh Fruit, Milk	LUNCH Tunna Salad, Plant Based Option Roll, California Blend, Fresh Fruit, Milk
SNACK Veggie Straws, Applesauce, Water	SNACK Goldfish, Fresh Fruit Water	SNACK Animal Crackers, Fresh Fruit Water	SNACK Cheese Sticks Pretzels Water	SNACK Trail Mix Mixed Fruit Water

* 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