

Weekly Menu

MAY 4- 8, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST Pancakes Fresh Fruit, Milk</p> <p>LUNCH Turkey Stroganoff Plant-Based Option Green Bean Medley Fresh Fruit, Milk</p> <p>SNACK Chex Mix Cheese Sticks Water</p>	<p>BREAKFAST Whole Grain Special-K Fresh Fruit, Milk</p> <p>LUNCH Chicken Tacos Plant-Based Option Salad, Fresh Fruit, Milk</p> <p>SNACK Fresh Vegetables w/ Ranch Dressing Whole Grain Ritz Crackers Water</p>	<p>BREAKFAST Biscuit, Bacon Plant-Based Option Milk</p> <p>LUNCH Macaroni and Cheese Broccoli Fresh Fruit, Milk</p> <p>SNACK Fruit Smoothie Belvita Crackers Water</p>	<p>BREAKFAST Oatmeal Fresh Fruit, Milk</p> <p>LUNCH Baked Chicken w/ Gravy Plant-Based Option Collard Greens, Rice Fresh Fruit, Milk</p> <p>SNACK White Cheddar Cheez-itz Fresh Fruit Water</p>	<p>BREAKFAST Waffle Breakfast Fresh Fruit, Milk</p> <p>LUNCH Tuna Salad Sandwich Plant-Based Option Carrots Fresh Fruit, Milk</p> <p>SNACK Pretzels Fresh Fruit Water</p>

* 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