

Weekly Menu



JANUARY 26 - 30, 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <p>BREAKFAST Cheerios Fresh fruit, Milk</p> <p>LUNCH Macaroni and Cheese Cabbage Fresh Fruit, Milk</p> <p>SNACK Chips Salsa Water</p> | <p>BREAKFAST Pancakes Fresh fruit, Milk</p> <p>LUNCH Sausage Tortini Soup Plant-Based Option Fresh Fruit, Milk</p> <p>SNACK Cheese Sticks Crackers Water</p> | <p>BREAKFAST Hashbrowns Sausage, Plant-Based Option, Milk</p> <p>LUNCH Cheese Pizza Carrots Fresh Fruit, Milk</p> <p>SNACK Animal Crackers Applesauce Water</p> | <p>BREAKFAST Waffles Scrambled Eggs, Milk</p> <p>LUNCH Chicken Alfredo Plant-Based Option WG Wheat Noodles Mixed Vegetables Fresh Fruit, Milk</p> <p>SNACK Pretzels Fresh Fruit Water</p> | <p>BREAKFAST Muffins Fresh Fruit, Milk</p> <p>LUNCH Fish Patty Whole Grain Bread Potato Salad Fresh Fruit, Milk</p> <p>SNACK Trailmix 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