

Weekly Menu

APR 6 - 10, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
C L O S E D	BREAKFAST Pancakes Fresh Fruit, Milk	BREAKFAST Turkey Sausage Plant-Based Option Hash Browns, Milk	BREAKFAST Whole Grain Corn Flakes Fresh Fruit, Milk	BREAKFAST Bagel w/ Cream Cheese Fresh Fruit, Milk
	LUNCH Whole Wheat Spaghetti w/ Meat Sauce Plant-Based Option Green Beans Fresh Fruit, Milk	LUNCH Cheese Quesadilla Vegetable Medley Fresh Fruit, Milk	LUNCH Chicken Patty on Bun Plant-Based Option Corn Fresh Fruit, Milk	LUNCH Fish Patty Plant-Based Option Rice, Mixed Veggies Fresh Fruit, Milk
	SNACK String Cheese Stick Whole Grain Saltines Water	SNACK Vanilla Greek Yogurt Belvita	SNACK Whole Grain Fig Bars Tropical Fruit Water	SNACK Chex Mix Mixed Fresh 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