

Weekly Menu

OCTOBER 5 - 9, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Waffles Sausage, Plant-Based Milk	BREAKFAST Whole Grain Cereal Fresh Fruit Milk	BREAKFAST Bagels w/ Cream Cheese Fresh Fruit Milk	BREAKFAST Oatmeal Fresh Fruit Milk	BREAKFAST Biscuits Spiced Apples Milk
LUNCH Turkey and Cheese Sandwich Plant Based Turkey Veggie Straws Fresh Fruit, Milk	LUNCH Chili Mac Plant Based Crumbles Broccoli Fresh Fruit, Milk	LUNCH Chicken Nuggets Plant-Based Corn, Roll Fresh Fruit, Milk	LUNCH Sausage Tortellini Soup Plant-Based Option Fresh Fruit, Milk	LUNCH Fish Nuggets Plant-Based Mixed Veggies Fresh Fruit, Milk
SNACK Graham Crackers Applesauce Water	SNACK Pretzels Fresh Fruit Water	SNACK Cheese Sticks, Whole Grain Ritz Crackers Water	SNACK Goldfish Fresh Fruit Water	SNACK Belvita 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