

# Weekly Menu

MAY 11- 15, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BREAKFAST</b> French Toast Fresh Fruit, Milk</p> <p><b>LUNCH</b> Turkey Nachos <b>Plant-Based Option</b> Black Beans Fresh Fruit, Milk</p> <p><b>SNACK</b> Whole Grain Fig Bars Fresh Fruit Water</p>	<p><b>BREAKFAST</b> Grits Fresh Fruit, Milk</p> <p><b>LUNCH</b> Shepherd's Pie <b>Plant-Based Option</b> Peas Fresh Fruit, Milk</p> <p><b>SNACK</b> Cheese Cubes Townhouse Crackers Water</p>	<p><b>BREAKFAST</b> Muffins Fresh Fruit, Milk</p> <p><b>LUNCH</b> Vegetable Spaghetti Spinach Cheese Bread Fresh Fruit, Milk</p> <p><b>SNACK</b> Hummus Whole Grain Wheat Thins Water</p>	<p><b>BREAKFAST</b> Turkey Sausage Patty <b>Plant-Based Option</b> Hash Brown Milk</p> <p><b>LUNCH</b> "Chic-Fill-a" Sandwich <b>Plant-Based Option</b> Waffle Fries Fruit Salad, Milk</p> <p><b>SNACK</b> Vanilla Greek Yogurt Lorna Doone Water</p>	<p><b>BREAKFAST</b> Grilled Cheese Fresh Fruit, Milk</p> <p><b>LUNCH</b> Fish Nuggets <b>Plant-Based Option</b> Cole Slaw, Baked Beans Fresh Fruit, Milk</p> <p><b>SNACK</b> Trail Mix 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