

Weekly Menu

10/12/26 – 10/16/26

Monday

Holiday – Center Closed
Happy Indigenous People's Day!

Tuesday

Breakfast Milk, Banana Muffins, Peaches

Lunch Milk, Baked Chicken, Rice w/ Spinach, Green Salad, Mandarins

Snack Milk, Oatmeal Bar

Wednesday

Breakfast Milk, Bagels w/ Cream Cheese, Pineapple

Lunch Milk, Bolognese Pasta, Green Peas, Apple Slices

Snack Milk, Goldfish

Thursday

Breakfast Milk, Waffles w/ Zero Sugar Syrup, Strawberries

Lunch Milk, Fish Sticks, Rice w/ Quinoa, Broccoli, Oranges
Infants: Chicken Tenders

Snack Yogurt, Bananas

Friday

Breakfast Milk, English Muffins w/ Butter, Bananas

Lunch Milk, Sunbutter and Jelly Sandwiches, Green Beans, Mandarins

Snack Cheese Stick, Ritz Cracker

Meal Requirements

Breakfast:
Milk- ¾ cup |
Vegetable or fruit
or fruit juice- ½ cup
| Grain/bread- ½
slices, 1/3 cup cold
cereal, ¼ cup hot
cereal, ¼ cup pasta

Lunch:
Milk- ¾ cup | Meat or meat
alternative- 1 ½ oz lean meat, or
cheese, ¾ egg | 3/8 cup beans,
6 oz yogurt, tofu | Fruits ¼ cup |
vegetables-1/4 cup or can
serve 2 instead of fruit |
Grains/breads- ½ slice bread, ¼
cup pasta or noodles or rice

Snack:
Serve 2 components-
Milk-1/2 cup | Meat or meat
alternative- ½ oz meat or
cheese, ½ egg, 2 oz yogurt |
Fruits- ½ cup | vegetables-
½ cup | bread/grain 1/3 cup
cereal, ½ cup pasta, rice

Water will be available at all times

WG= Whole Grain, WGR= Whole Grain Rich, CN- Child Nutrition Label, PFS-
product Formulation statement, MMA- meat/meat alternate, DF- Dairy Free
Fresh fruit- seasonal apple, banana, melon, orange, peach, plum; all fresh fruits
and vegetables are thoroughly washed in cold water before consumption by
children

Milk for children 1- year old is unflavored whole milk, milk for children over 2 years
old is unflavored low fat milk – Lactaid Milk is offered as an alternative
Meal Times: Breakfast – 9:00am; Lunch 11:30am (Infant & Toddlers), 12:00pm
(Preschool); PM Snack – 3:00pm

***Alternative food provided for Vegetarians & Food Allergies Please inform the
center if your child has any food allergies**