

Weekly Menu

10/19/26 – 10/23/26

Monday

- Breakfast** Milk, French Toast Sticks, Apple Sauce
- Lunch** Milk, Chicken Tenders, Marinara Sauce Dip, Rice, Mixed Salad, Oranges
- Snack** Yogurt, Apple Slices

Tuesday

- Breakfast** Milk, English Muffins w/Jelly or Butter, Pineapple
- Lunch** Milk, Beef & Chicken Meatballs, Pasta w/Butter, Green Peas, Mandarines
- Snack** Cheese Stick, Ritz Crackers

Wednesday

- Breakfast** Milk, Bagels w/Cream Cheese, Peaches
- Lunch** Milk, FishSticks, Rice w/Spinach, Green Salad, Pineapple
Infants: Turkey Meatballs
- Snack** Milk, Oatmeal Bar

Thursday

- Breakfast** Milk, Pancakes, Strawberries
- Lunch** Milk, CheeseBurgers, Lettuce & Tomato, Tater Tots, Bananas
- Snack** Milk, Cheez-its

Friday

- Breakfast** Milk, Cereal, Bananas
- Lunch** Milk, Cheese Quesadilla, Mashed Avocado, Broccoli, Mandarines
- Snack** Strawberry Gelatin, Graham Crackers

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**