


# FROM THE HEART – MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Meals Provided by Feeding Their Future This institution is an equal opportunity provider.</p> <p>* Menu Subject to Change</p>				<p>1</p> <p><b>Lunch:</b> <i>Chicken Salad</i> Chicken, Cucumber, WG Pita Bread, Fruit, Milk <b>Snack:</b> Goldfish, 100% Fruit Juice</p>
<p>4</p> <p><b>Lunch:</b> <i>Baked Chicken</i> Chicken, WG Pasta, Mixed Vegetables, Fruit, Milk <b>Snack:</b> Graham Crackers, 1% Milk</p>	<p>5</p> <p><b>Lunch:</b> <i>Burger</i> Slider, WG Bun, Fruit, Tater Tots, Milk <b>Snack:</b> Wheat Thins, 100% Fruit Juice</p>	<p>6</p> <p><b>Lunch:</b> <i>Taco</i> Ground Turkey, Refried Beans, WG Corn Tortilla, Fruit, Milk <b>Snack:</b> Animal Crackers, 1% Milk</p>	<p>7</p> <p><b>Lunch:</b> <i>Spaghetti &amp; Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Fruit, Milk <b>Snack:</b> Cheez its, 100% Fruit Juice</p>	<p>8</p> <p><b>Lunch:</b> <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Carrot Sticks, Milk <b>Snack:</b> Ritz Crackers, Cheese</p>
<p>11</p> <p><b>Lunch:</b> <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk <b>Snack:</b> Pretzels, Cheese</p>	<p>12</p> <p><b>Lunch:</b> <i>Chili</i> Ground Turkey, Kidney Beans, Corn, WG Brown Rice, Milk <b>Snack:</b> WG Goldfish, 100% Fruit Juice</p>	<p>13</p> <p><b>Lunch:</b> <i>M.Y.O. Bean &amp; Cheese Burrito</i> Refried Beans, Tortilla, Cucumber, Salad, Milk <b>Snack:</b> Graham Crackers, 1% Milk</p>	<p>14</p> <p><b>Lunch:</b> <i>BBQ Meatballs,</i> WG Roll, Mashed Potatoes, Fruit, Milk <b>Snack:</b> Wheat Thins, Cheese</p>	<p>15</p> <p><b>Lunch:</b> <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk <b>Snack:</b> Yogurt, Granola</p>
<p>18</p> <p><b>Lunch:</b> <i>Sloppy Joes</i> Ground Turkey, WG Bun, Cole Slaw, Fruit, Milk <b>Snack:</b> Ritz, Cheese</p>	<p>18</p> <p><b>Lunch:</b> <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Salad, Milk <b>Snack:</b> Graham Crackers, 1% Milk</p>	<p>20</p> <p><b>Lunch:</b> <i>Chicken Taco Bowl</i> Chicken, Pinto Beans, Corn, WG Brown Rice, Milk <b>Snack:</b> Goldfish, 100% Fruit Juice</p>	<p>21</p> <p><b>Lunch:</b> <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk <b>Snack:</b> Club Crackers, Cheese</p>	<p>22</p> <p><b>Lunch:</b> <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Carrot Sticks, Milk <b>Snack:</b> Cheez Its, 100% Fruit Juice</p>
<p>25</p> 	<p>26</p> <p><b>Lunch:</b> <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk <b>Snack:</b> Yogurt, Granola</p>	<p>27</p> <p><b>Lunch:</b> <i>Spaghetti</i> Ground Turkey, WG Spaghetti, Green Beans, Fruit, Milk <b>Snack:</b> Cheez Its, 100% Fruit Juice</p>	<p>28</p> <p><b>Lunch:</b> <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Pinto Beans, Milk <b>Snack:</b> WG Animal Crackers, 1% Milk</p>	<p>29</p> <p><b>Lunch:</b> <i>Chicken Salad</i> Chicken, Cucumber, WG Pita Bread, Fruit, Milk <b>Snack:</b> Goldfish, 100% Fruit Juice</p>

This menu follows the children's meal pattern minimum serving requirements set forth by the  
Child and Adult Food Program (CACFP)

**Breakfast (Ages 1-2):** grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼ cup hot cereal; fruit or vegetable- 1/4 cup; milk – ½ cup  
**1% plain milk (whole milk for children age 1)**

**(Ages 3-5):** grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼cup hot cereal; fruit or vegetable- ½ cup; milk – ¾ cup 1% plain milk

**Lunch: (Ages 1-2)** meat/meat alternate - 1 oz; grain - ½ serving bread or ¼ cup cooked grain; vegetable - 1/8 cup; fruit or vegetable - 1/8 cup; milk- 1/2 cup **1% plain milk (whole milk for children age 1)**

**(Ages 3-5)** meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼ cup; fruit or vegetable - ¼ cup; milk- ¾ cup 1% plain milk

**Snack (two of the following): (Ages 1-2 and 3-5)** meat/meat alternate – ½ oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk (whole milk for children age 1)**

\*(WG) = Whole Grain