

FROM THE HEART PRESCHOOL – SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Lunch: <i>Meatball Sub</i> Meatballs, WG Bun, Tater Tots, Cole Slaw, Milk Snack: Goldfish, 100% Fruit Juice	2 Lunch: <i>Hawaiian Chicken</i> Chicken, Brown Rice Mixed Vegetables, Fruit, Milk Snack: Yogurt, Granola	3 Lunch: <i>M.Y.O. Bean & Cheese Burrito</i> Refried Beans, Tortilla, Cucumber, Fruit, Milk Snack: Animal Crackers, Milk	4 Lunch: <i>Chicken Salad</i> Chicken, Carrot Sticks, WG Pita Bread, Fruit, Milk Snack: Ritz Crackers, Cheese
7	8 Lunch: <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk Snack: Cheez Its, 100% Fruit Juice	9 Lunch: <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Salad, Milk Snack: Pretzels, Cheese	10 Lunch: <i>Taco</i> Ground Turkey, Refried Beans, WG Corn Tortilla, Fruit, Milk Snack: Yogurt, Granola	11 Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Carrot Sticks, Milk Snack: Ritz Crackers, Cheese
14 Lunch: <i>Burger</i> Slider, WG Bun, Fruit, Tater Tots, Milk Snack: Yogurt, Granola	15 Lunch: <i>Chicken Taco Bowl</i> Chicken, Pinto Beans, Corn, WG Brown Rice, Milk Snack: Goldfish, 100% Fruit Juice	16 Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Fruit, Milk Snack: WG Animal Crackers, Milk	17 Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk Snack: Wheat Thins, 100% Fruit Juice	18 Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Club Crackers, Cheese
21 Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Fruit, Milk Snack: WG Graham Crackers, 1% Milk	22 Lunch: <i>Baked Chicken</i> Chicken, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Pretzels, 100% Fruit Juice	23 Lunch: <i>Sloppy Joes</i> Ground Turkey, WG Bun, Tater Tots, Fruit, Milk Snack: Wheat Thins, Cheese	24 Lunch: <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk Snack: WG Animal Crackers, 1% Milk	25 Lunch: <i>Turkey Sandwich</i> Sliced Turkey, Carrot Sticks, WG Sliced Bread, Fruit, Milk Snack: Ritz Crackers, Cheese
28 Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk Snack: Cheez Its, 100% Fruit Juice	29 Lunch: <i>Spaghetti</i> Ground Turkey, WG Spaghetti, Green Beans, Fruit, Milk Snack: Goldfish, 100% Fruit Juice	30 Lunch: <i>BBQ Chicken</i> Chicken, WG Roll, Mashed Potatoes, Corn, Milk Snack: Chex Mix, Cheese	This institution is an equal opportunity provider. * Menu Subject to Change All Meals Provided by Feeding Their Future	

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

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