



FROM THE HEART PRESCHOOL - JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider.</p> <p>* Menu Subject to Change</p> <p>All Meals Provided by Feeding Their Future</p> 		<p>1</p> <p>Lunch: <i>M.Y.O. Bean & Cheese Burrito</i> Refried Beans, Tortilla, Cucumber, Fruit, Milk Snack: Animal Crackers, Milk</p>	<p>2</p> <p>Lunch: <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk Snack: WG Goldfish, 100% Fruit Juice</p>	<p>3</p> 
<p>6</p> <p>Lunch: <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk Snack: Cheez Its, 100% Fruit Juice</p>	<p>7</p> <p>Lunch: <i>Meatball Sub</i> Meatballs, WG Bun, Tater Tots, Cole Slaw, Milk Snack: Pretzels, Cheese</p>	<p>8</p> <p>Lunch: <i>Hawaiian Chicken</i> Chicken, Brown Rice Mixed Vegetables, Fruit, Milk Snack: Yogurt, Granola</p>	<p>9</p> <p>Lunch: <i>BBQ Chicken</i> Chicken, WG Roll, Mashed Potatoes, Corn, Milk Snack: Chex Mix, 100% Fruit Juice</p>	<p>10</p> <p>Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Carrot Sticks, Milk Snack: Ritz Crackers, Cheese</p>
<p>13</p> <p>Lunch: <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Salad, Milk Snack: Pretzels, Cheese</p>	<p>14</p> <p>Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Fruit, Milk Snack: WG Graham Crackers, 1% Milk</p>	<p>15</p> <p>Lunch: <i>Burger Slider</i>, WG Bun, Fruit, Tater Tots, Milk Snack: Yogurt, Granola</p>	<p>16</p> <p>Lunch: <i>Chicken Taco Bowl</i> Chicken, Pinto Beans, Corn, WG Brown Rice, Milk Snack: Goldfish, 100% Fruit Juice</p>	<p>17</p> <p>Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Club Crackers, Cheese</p>
<p>20</p> <p>Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Fruit, Milk Snack: WG Animal Crackers, Milk</p>	<p>21</p> <p>Lunch: <i>Taco</i> Ground Turkey, Refried Beans, WG Corn Tortilla, Fruit, Milk Snack: Yogurt, Granola</p>	<p>22</p> <p>Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Corn, Milk Snack: Wheat Thins, 100% Fruit Juice</p>	<p>23</p> <p>Lunch: <i>Baked Chicken</i> Chicken, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Graham Crackers, Milk</p>	<p>24</p> <p>Lunch: <i>Chicken Salad</i> Chicken, Carrot Sticks, WG Pita Bread, Fruit, Milk Snack: Ritz Crackers, Cheese</p>
<p>27</p> <p>Lunch: <i>Sloppy Joes</i> Ground Turkey, WG Bun, Tater Tots, Fruit, Milk Snack: Wheat Thins, Cheese</p>	<p>28</p> <p>Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk Snack: Cheez Its, 100% Fruit Juice</p>	<p>29</p> <p>Lunch: <i>Spaghetti</i> Ground Turkey, WG Spaghetti, Green Beans, Fruit, Milk Snack: Goldfish, 100% Fruit Juice</p>	<p>30</p> <p>Lunch: <i>Southwestern Chicken Salad</i> Chicken, WG Pita, Corn, Salad, Milk Snack: Pretzels, Cheese</p>	<p>31</p> <p>Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Cucumber, Milk Snack: Animal Crackers, 1% Milk</p>

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 ¼ cup 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 ¼ cup 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 ¼ cup cooked grain; fruit or vegetable- ½ cup; milk- ½ cup
1% plain milk (whole milk for children age 1)

*(WG) = Whole Grain