

September-2026

Breakfast:

1-2	3-5	6-12
Milk 1/2 c	3/4 c	1 c
Fruit, Veg or both 1/4 c	1/2 c	1/2 c
Grains/Breads 1/2 oz eq	1/2 oz eq	1 oz eq
Dry Cereal	1 oz	
Meat/Meat Alt. 1/2 oz	1/2 oz	1 oz

*Select 2 of the 5 components

Lunch:

1-2	3-5	6-12
Milk 1/2 c	3/4 c	1 c
Grains/Breads 1/2 oz eq	1/2 oz eq	1 oz eq
Pasta/Noodles	1/4 c	
Fruit 1/8 c	1/4 c	1/4 c
Vegetables 1/8 c	1/4 c	1/2 c
Meat/Meat Alt. 1 oz	1.5 oz.	2 oz.

PM Snack:

1-2	3-5	6-12
Milk 1/2 c	1/2 c	1 c
Fruit 1/2 c	1/2 c	1/2 c
Vegetable 1/2 c	1/2 c	3/4 c
Grains/Breads 1/2 oz eq	1/2 oz eq	1 oz eq
Meat/Meat Alt. 1/2 oz	1/2 oz	1 oz

*Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
BR -	BR - Chex Cereal/Bananas/Milk	BR - Bagel/Cream Cheese/Strawberries/Milk	BR - Life Cereal/Grapes/Milk	BR - Pancakes/Blueberries/Milk
LN -	LN - WW Rice & Bean Burrito/Corn/Mandarin Oranges/Milk	LN - Nachos/Salad/Pineapple/Milk	LN - BBQ Chicken Sliders/Coleslaw/Pears/Milk	LN - Orange Chicken/Veggie Rice/Fruit Cocktail/Milk
SN -	SN - Goldfish/Milk	SN - Multigrain Crackers/Cheese Sticks/Milk	SN - Teddy Grahams/Milk	SN - Saltines/Milk
7	8	9	10	11
BR - LABOR DAY CENTER	BR - Cherrios/Bananas/Milk	BR - Waffles/Blueberries/Milk	BR - Cinnamon Raisin Bread/Grapes/Milk	BR - Mini Spooners/Strawberries/Milk
LN - CLOSED	LN - Pizza Sandwich on WW/Bell Peppers/Fruit Cocktail/Milk	LN - WW Beefaroni/Broccoli/Pineapple/Milk	LN - Chicken Nuggets /Cucumber/Peaches/Milk	LN - Scrambled Eggs/Mini Pancakes/Mandarin Oranges/Green peppers/Milk
SN - NO SCHOOL	SN - Butter Smooth Crackers/Milk	SN - Scooby Snacks/Apple Sauce/Milk	SN - Goldfish/Milk	SN - Animal Crackers/Milk
14	15	16	17	18
BR - Mini Muffins/Oranges/Milk	BR - Life Cereal/Bananas/Milk	BR - Cinnamon Raisin Bread/Cream Cheese/Blueberries/Milk	BR - Strawberry Parfait/Milk	BR - Waffles/Grapes/Milk
LN - Sloppy Joes on WW/Mixed Veggies/Pears/Milk	LN - Tacos on WW/Salad/Fruit Cocktail/Milk	LN - Chicken Patty on WW/Corn/Mandarin Oranges/Milk	LN - Hashbrown Stackers/Pickles/Pineapples/Milk	LN - WW Chicken Alfredo/Celery/Peaches/Milk
SN - Butter Round Crackers/Milk	SN - Pretzels/Milk	SN - Chips and Salsa/Milk	SN - Cheese itZ/Milk	SN - Graham Crackers/Milk
21	22	23	24	25
BR - Mini Muffins/Oranges/Milk	BR - Corn Flakes/Bananas/Milk	BR - Pancakes/Grapes/Milk	BR - Bagles/Cream Cheese/Strawberries/Milk	BR - French Toast Sticks/Blueberries/Milk
LN - Chicken Strips/Green Beans/Pears/Milk	LN - All Beef Hotdogs on WW/Corn/Pineapple/Milk	LN - Peanutbutter and Jelly on WW/Carrots/Mandarin Oranges/Milk	LN - Turkey Meatball Subs on WW/Coleslaw/Peaches/Milk	LN - Pizza Sandwich on WW/Cauliflower/Fruit Cocktail/Milk
SN - Animal Crackers/Milk	SN - Teddy Grahams/Milk	SN - Vanilla Yogurt/Vanilla Waffers/Milk	SN - Butter Smooth Crackers/Milk	SN - Goldfish/Milk
28	29	30		
BR - Mini Muffins/Oranges/Milk	BR - Chex Cereal/Bananas/Milk	BR - Bagel/Cream Cheese/Strawberries/Milk	BR -	BR -
LN - Turkey and Cheese on WW/Pickles/Pears/Milk	LN - Nachos/Green Peppers/Fruit Cocktail/Milk	LN - Chicken Patty on WW/Corn/Mandarin Oranges/Milk	LN -	LN -
SN - Graham Crackers/Milk	SN - Saltines/Milk	SN - Pretzels/Milk	SN -	SN -

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
 Skim Milk = Children over 24 months
 WG = Whole Grain / WW = Whole Wheat