

Breakfast

August 2025



WG – Whole Grain
Wheat

MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup					1 All Bran Wheat Cereal Banana Slices Milk & Water	2 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup
3 Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	4 Oatmeal Apple Sauce Milk & Water	5 (WG) Pancakes Peach Slices Milk & Water	6 (MG) Cheerio Cereal Pear Slices Milk & Water	7 English Muffins Mandarin Oranges Milk & Water	8 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	9 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup
10 Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	11 (WG) French Toast Peaches Milk & Water	12 (WG) Waffles Pineapple Chunks Milk & Water	13 All Bran Wheat Cereal Banana Slices Milk & Water	14 (WG) Chex Cereal Mandarin Oranges Milk & Water	15 Vanilla Yogurt Peach Slices Milk & Water	16 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup
17 Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	18 Oatmeal Apple Sauce Milk & Water	19 (WG) Pancakes Pears Slices Milk & Water	20 (MG) Cheerio Cereal Pear Slices Milk & Water	21 English Muffins Mandarin Oranges Milk & Water	22 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	23 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
24 Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup 31	25 (WG) French Toast Peaches Milk & Water	26 (WG) Waffles Pineapple Chunks Milk & Water	27 All Bran Wheat Cereal Banana Slices Milk & Water	28 (WG) Chex Cereal Mandarin Oranges Milk & Water	29 Vanilla Yogurt Peach Slices Milk & Water	3 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup

Lunch

August 2025

WG – Whole Grain

WW – Whole Wheat

MG – Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 1 Ounce/3/4 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup					1 Chicken Nuggets Mashed Potatoes Steamed Corn Sliced Oranges Milk & Water	2 Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
3 Size Servings Ages 1-2 1 Ounce / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup	4 (WG) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	5 (WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water	6 (WG) Turkey & Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	7 (WG) Chicken Tacos Mexican Rice With Corn Mixed Fruit Milk & Water	8 Crispy Chicken Burger (WW) Bun Potato Wedges Peas and Carrots Apple Slices Milk & Water	9 Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
10 Size Servings Ages 1-2 1 Ounce / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup	11 (WG) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water	12 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	13 Cheese. Pizza Carrot Sticks With Ranch Banana Milk & Water	14 (WG) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water	15 (WG) Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water	16 Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
17 Size Servings Ages 1-2 1 Ounce / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup	18 (WG) Cheese & Spinach Ravioli With Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water	19 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water	20 Chicken Burgers (WW) Potato Wedges Carrots Sticks Pear Slices Milk & Water	21 (WG) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Slices Milk & Water	22 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Orange Slices Milk & Water	23 Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
24 Size Servings Ages 1-2 1 Ounce / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup	25 (WG) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water	26 Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	27 (WW) Chicken Salad Sandwich Carrot Sticks with Ranch Banana Milk & Water	28 Chicken & Cheese Flautas Spanish Rice Mixed Vegetables Fruit Cocktail Milk & Water	29 Chicken Fingers (WW) Bun Mashed Potatoes Peas Banana Milk & Water	30 Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
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AM & PM Snack

August 2025



WG – Whole Grain WW – Whole
Wheat

MG – Multi Grain

Sundav	Mondav	Tuesdav	Wednesdav	Thursdav	Fridav	Saturdav
Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup					1 Vanilla Yogurt Peach Slices Juice & Water	2 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup
3 Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup	4 Animal Crackers Apple Slices Milk & Water	5 Ritz Crackers & Cheese Peach Slices Milk & Water	6 (WG) Mini Bagels With Cream Cheese Banana Milk & Water	7 Blueberry Muffin Apple Sauce Milk & Water	8 (WG) Wheat Thins String Cheese Oranges Slices Milk & Water	9 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup
10 Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup	11 Ritz Crackers & Cheese Apple Slices Milk & Water	12 Honey Maid Crackers Orange Slices Milk & Water	13 (WG) Chex Mix Apple Sauce Milk & Water	14 BelVita Biscuits Banana Milk & Water	15 Vanilla Yogurt Peach Slices Milk & Water	16 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup
17 Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup	18 Animal Crackers Apple Slices Milk & Water	19 (WG) Mini Bagels With Cream Cheese Banana Milk & Water	20 Saltine Crackers Orange Slices Milk & Water	21 Blueberry Muffin Apple Sauce Milk & Water	22 (WG) Wheat Crackers String Cheese Peach Slices Milk & Water	23 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
24 Size Servings Ages 1-2 1 Ounce / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	25 Ritz Crackers & Cheese Apple Slices Milk & Water	26 Honey Maid Crackers Orange Slices Milk & Water	27 (WG) Chex Mix Apple Sauce Milk & Water	28 BelVita Biscuits Banana Milk & Water	29 Vanilla Yogurt Peach Slices Milk & Water	30 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
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