

Breakfast

September 2025



WG – Whole Grain WW - Whole 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 WG) French Toast Peaches Milk & Water	2 (WG) Waffles Pineapple Chunks Milk & Water	3 Wheat Cereal Banana Slices Milk & Water	4 Blueberry Muffin Mandarin Oranges Milk & Water	5 Vanilla Yogurt Apple Slices Milk & Water	6 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
7 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	8 Oatmeal Apple Sauce Milk & Water	9 (WG) Pancakes Peach Slices Milk & Water	10 (MG) Cheerio Cereal Pear Slices Milk & Water	11 English Muffins Mandarin Oranges Milk & Water	12 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	13 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
14 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	15 WG) French Toast Apple Slices Milk & Water	16 (WG) Waffles Pineapple Chunks Milk & Water	17 Wheat Cereal Banana Slices Milk & Water	18 (WW) Bagel & Cream Cheese Mandarin Oranges Milk & Water	19 Vanilla Yogurt Peach Slices Milk & Water	20 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
21 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	22 Oatmeal Apple Sauce Milk & Water	23 (WG) Pancakes Banana Milk & Water	24 (MG) Cheerio Cereal Pear Slices Milk & Water	25 English Muffins Mandarin Oranges Milk & Water	26 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	27 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
28 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	29 WG) French Toast Banana Milk & Water	30 (WG) Waffles Pineapple Chunks Milk & Water				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

September 2025

WG – Whole Grain

WW – Whole Wheat

MG – Multi Grain



Sundav	Mondav	Tuesdav	Wednesdav	Thursdav	Fridav	Saturdav
Size Servings Ages 1-2 1 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	1 School Closed Labor Day	2 String Bean Chicken Steamed Rice Mandarin Oranges Milk & Water	3 Popcorn Chicken with BBQ Sauce Mashed Potato Corn Apples Slices Milk & Water	4 Chicken & Cheese Flautas Mexican Rice With Corn Orange Slices Milk & Water	5 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	6 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
7 Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup	8 (WG) Spaghetti with Meat Sauce Green Beans Apple Slices Milk & Water	9 (WG) Chicken Noodle Stir Fry Steamed Broccoli Mandarin Oranges Milk & Water	10 (WG) Turkey & Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	11 Chicken & Cheese Quesadillas Spanish Rice Mixed Vegetables Apple Slices Milk & Water	12 Crispy Chicken on a (WW) Bun Peas and Carrots Orange Slices Milk & Water	13 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
14 Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup	15 (WG) Meat Lasagna Green Beans Apple Slices Milk & Water	16 Chicken Fried Rice Steamed Broccoli Mandarin Oranges Milk & Water	17 (WW) Chicken Salad Sandwich Carrots w/Ranch Dressing Banana Milk & Water	18 (WG) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Orange Slices Milk & Water	19 Chicken Tenders Mashed Potatoes Steamed Peas Apple Slices Milk & Water	20 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
21 Size Servings Ages 1-2 1 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	22 (WG) Fettuccini Alfredo With Chicken Mixed Vegetables Apple Slices Milk & Water	23 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	24 Chicken & Cheese Burgers (WW) Carrots Sticks Orange Slices Milk & Water	25 (WG) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Milk & Water	26 (WG) Macaroni & Cheese Steamed Broccoli Apple Slices Milk & Water	27 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
28 Size Servings Ages 1-2 1 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	29 (WG) Cheese Ravioli with Marinara Sauce Green Beans Apple Slices Milk & Water	30 Orange Chicken Steamed Rice String Beans Mandarin Oranges Milk & Water				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

AM & PM Snack

September 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 Graham Crackers Orange Slices Go Gurt Milk & Water	2 (WG) Chex Mix Apple Sauce Mandarin Milk & Water	3 BelVita Biscuits Banana Apple Slices Milk & Water	4 Vanilla Yogurt Peach Slices Watermelon Slices Milk & Water	5 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
6 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	7 (WW) Wheat Crackers Apple Slices Go Gurt Milk & Water	8 (WG) Wheat Thins Cheese String Orange Slices Milk & Water	9 (WG) Mini Bagels With Cream Cheese Banana BelVita Biscuit Milk & Water	10 Blueberry Muffin Apple Sauce Animal Crackers Milk & Water	11 (WG) Wheat Crackers String Cheese Oranges Slices Milk & Water	12 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
13 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	14 Ritz Crackers & Cheese Apple Slices Go Gurt Milk & Water	15 Graham Crackers Orange Slices Watermelon Milk & Water	16 (WG) Chex Mix Apple Sauce String Cheese Milk & Water	17 BelVita Biscuit Banana Apple Slices Milk & Water	18 Vanilla Yogurt Peach Slices Watermelon Milk & Water	19 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
20 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	21 Ritz Crackers & Cheese Apple Slices Go Gurt Milk & Water	22 (WG) Wheat Thins & Cheese Cubes Orange Slices BelVita Biscuit Milk & Water	23 (WG) Mini Bagels With Cream Cheese Banana String Cheese Milk & Water	24 Vanilla Yogurt Apple Sauce Animal Crackers Milk & Water	25 (WG) Wheat Crackers String Cheese Watermelon Slices Milk & Water	26 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
27 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	28 Ritz Crackers & Cheese Apple Slices Go Gurt Milk & Water	29 Graham Crackers Orange Slices BelVita Biscuit Milk & Water	30 (WG) Chex Mix Apple Sauce String Cheese Milk & Water	31 (WG) Mini Bagels With Cream Cheese Banana Watermelon Slices Milk & Water		31 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