

Breakfast

January 2026

WGR-Whole Grain Rich

WW - Whole Wheat

MGR – Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ½ Cup				1 New Year's Day School Closed	2 Oatmeal Mandarin Oranges Milk & Water	3 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ½ Cup
4 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ½ Cup	5 Cream of Wheat Cereal Apple Slices Milk & Water	6 (WGR) Pancakes Pears Slices Milk & Water	7 (MGR) Cheerio Cereal Banana Slices Milk & Water	8 English Muffins with Jelly Mandarin Oranges Milk & Water	9 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	10 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ½ Cup
11 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ½ Cup	12 French Toast Peaches Milk & Water	13 (WGR) Waffles Pineapple Chunks Milk & Water	14 (WGR) All Bran Wheat Cereal Banana Slices Milk & Water	15 (WGR) Chex Cereal Mandarin Oranges Milk & Water	16 Oatmeal Mandarin Oranges Milk & Water	17 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ½ Cup
18 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ½ Cup	19 Martin Luther King Jr. Day School Closed	20 (WGR) Pancakes Pears Slices Milk & Water	21 (MGR) Cheerio Cereal Banana Slices Milk & Water	22 English Muffin with Jelly Mandarin Oranges Milk & Water	23 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	24 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ½ Cup
25 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ½ Cup	26 French Toast Peaches Milk & Water	27 (WGR) Waffles Pineapple Chunks Milk & Water	28 (WGR) All Bran Wheat Cereal Banana Slices Milk & Water	29 (WGR) Chex Cereal Mandarin Oranges Milk & Water	29 Oatmeal Mandarin Oranges Milk & Water	31 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ½ Cup

Lunch

January 2026

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables $\frac{1}{8}$ Cup, 2 tbsp Fruit $\frac{1}{8}$ Cup, 2 tbsp Grains - $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup				1 New Year's Day School Closed	2 Popcorn Chicken with BBQ Dipping Sauce Corn Kernels Cornbread Sliced Apples Milk & Water	3 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces $\frac{1}{2}$ Cup, $\frac{1}{4}$ Cup, $\frac{3}{8}$ Cup Vegetables/Fruit $\frac{1}{4}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup
4 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces	5 Cheese Ravioli With Marinara Sauce Mixed Vegetables Grapes Milk & Water	6 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water	7 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water	8 Chicken Taquitos Mexican Rice With Corn Mandarin Milk & Water	9 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water	10 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces $\frac{1}{2}$ Cup, $\frac{1}{4}$ Cup, $\frac{3}{8}$ Cup Vegetables/Fruit $\frac{1}{4}$ Cup
11 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces	12 (WW) Spaghetti with Meat Sauce Garlic Bread Green Beans Grapes Milk & Water	13 Orange Chicken Fried Rice Broccoli Mandarin Oranges Milk & Water	14 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water	15 Chicken Flautas Spanish Rice Steamed Green Beans Peach Slices	16 Crispy Chicken Burger Carrot Sticks With Ranch Banana Slices Milk & Water	17 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces $\frac{1}{2}$ Cup, $\frac{1}{4}$ Cup, $\frac{3}{8}$ Cup Vegetables/Fruit $\frac{1}{4}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup
18 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables $\frac{1}{8}$ Cup, 2 tbsp Fruit $\frac{1}{8}$ Cup, 2 tbsp Grains - $\frac{1}{2}$ Slice/Serving	19 Martin Luther King Jr. Day School Closed	20 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	21 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	22 (WW)Cheese & Bean Burritos Mexican Rice Mixed Vegetable Pineapple Chunks Milk & Water	23 Chicken Tenders Mashed Potatoes (WW) Bun Steamed Peas Apple Slices Milk & Water	24 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces $\frac{1}{2}$ Cup, $\frac{1}{4}$ Cup, $\frac{3}{8}$ Cup Vegetables/Fruit $\frac{1}{4}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup
25 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables $\frac{1}{8}$ Cup, 2 tbsp Fruit $\frac{1}{8}$ Cup, 2 tbsp Grains - $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup	26 (WW) Fettuccini Alfredo with Chicken Mixed Vegetables Grapes Milk & Water	27 (WW) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water	28 Cheese Pizza Carrots Sticks Peaches Milk & Water	29 (WG) Chicken & Cheese Quesadillas Spanish Rice Green Beans Banana Slices Milk & Water	30 Turkey &Cheese Sandwiches (WW) Carrots with Ranch Dressing Pineapple Chunks Milk and Water	31 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces $\frac{1}{2}$ Cup, $\frac{1}{4}$ Cup, $\frac{3}{8}$ Cup Vegetables/Fruit $\frac{1}{4}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup

AM & PM Snack

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables $\frac{1}{8}$ Cup, 2 tbsp Fruit $\frac{1}{8}$ Cup, 2 tbsp Grains - $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup				1 New Year's Day School Closed	2 (WGR) Cheez-it crackers Peach Slices BelVita Biscuit Milk & Water	3 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein $\frac{1}{2}$ Ounce 2 Ounces $\frac{1}{2}$ Cup, $\frac{1}{8}$ Cup, 1 Tbsp Vegetables/Fruit $\frac{1}{2}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup, $\frac{1}{8}$ Cup, $\frac{3}{4}$ Cup, $\frac{1}{8}$ Cup
4 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables $\frac{1}{8}$ Cup, 2 tbsp Fruit $\frac{1}{8}$ Cup, 2 tbsp Grains - $\frac{1}{2}$ Slice/Serving	5 (WW) Wheat Crackers Watermelon Apple Slices Milk & Water	6 (WGR) Wheat Thins & Cheese Pineapple Chunks Orange Slices Milk & Water	7 (WGR) Mini Bagels With Cream Cheese Banana Cheez It Crackers Milk & Water	8 Blueberry Muffin Apple Sauce BelVita Biscuit Milk & Water	9 (WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	10 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein $\frac{1}{2}$ Ounce 2 Ounces $\frac{1}{2}$ Cup, $\frac{1}{8}$ Cup, 1 Tbsp Vegetables/Fruit $\frac{1}{2}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup, $\frac{1}{8}$ Cup, $\frac{3}{4}$ Cup, $\frac{1}{8}$ Cup
11 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables $\frac{1}{8}$ Cup, 2 tbsp Fruit $\frac{1}{8}$ Cup, 2 tbsp Grains - $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup	12 (WW) Ritz Crackers & Cheese Apple Slices Mandarin Milk & Water	13 Graham Crackers Orange Slices Pineapple Chunks Milk & Water	14 (WGR) Chex Mix Watermelon Apple Sauce Milk & Water	15 (WGR) Goldfish Crackers Banana String Cheese Milk & Water	16 (WGR) Cheez-it crackers Peach Slices BelVita Biscuit Milk & Water	17 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein $\frac{1}{2}$ Ounce 2 Ounces $\frac{1}{2}$ Cup, $\frac{1}{8}$ Cup, 1 Tbsp Vegetables/Fruit $\frac{1}{2}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup, $\frac{1}{8}$ Cup, $\frac{3}{4}$ Cup, $\frac{1}{8}$ Cup
18 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables $\frac{1}{8}$ Cup, 2 tbsp Fruit $\frac{1}{8}$ Cup, 2 tbsp Grains - $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup	19 Martin Luther King Jr. day School Closed	20 (WGR) Wheat Thins & Cheese Orange Slices Pineapple Chunks Milk & Water	21 (WGR) Mini Bagels With Cream Cheese Banana Milk & Water	22 Blueberry Muffin Apple Sauce BelVita Biscuit Milk & Water	23 (WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	24 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein $\frac{1}{2}$ Ounce 2 Ounces $\frac{1}{2}$ Cup, $\frac{1}{8}$ Cup, 1 Tbsp Vegetables/Fruit $\frac{1}{2}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup, $\frac{1}{8}$ Cup, $\frac{3}{4}$ Cup, $\frac{1}{8}$ Cup
25 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables $\frac{1}{8}$ Cup, 2 tbsp Fruit $\frac{1}{8}$ Cup, 2 tbsp Grains - $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup	26 (WW) Ritz Crackers & Cheese Apple Slices Mandarin Milk & Water	27 Graham Crackers Orange Slices Pineapple Chunks Milk & Water	28 (WGR) Chex Mix Watermelon Apple Sauce Milk & Water	29 (WGR) Goldfish Crackers Banana String Cheese Milk & Water	30 (WGR) Cheez-it crackers Peach Slices BelVita Biscuit Milk & Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein $\frac{1}{2}$ Ounce 2 Ounces $\frac{1}{2}$ Cup, $\frac{1}{8}$ Cup, 1 Tbsp Vegetables/Fruit $\frac{1}{2}$ Cup Grains $\frac{1}{2}$ Slice/Serving $\frac{1}{4}$ Cup, $\frac{1}{8}$ Cup, $\frac{3}{4}$ Cup, $\frac{1}{8}$ Cup