

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, ⅓ 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, ⅓ 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, ⅓ 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, ⅓ 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, ⅓ 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, ⅓ 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, ⅓ 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, ⅓ 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, ⅓ 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, ⅓ Cup

Lunch

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Sundav	Mondav	Tuesdav	Wednesdav	Thursdav	Fridav	Saturday
<p>2</p> <p>Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup</p>				<p>1</p> <p>New Year's Day School Closed</p>	<p>2</p> <p>Popcorn Chicken with BBQ Dipping Sauce Corn Kernels Cornbread Sliced Apples Milk & Water</p>	<p>3</p> <p>Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>
<p>4</p> <p>Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces</p>	<p>5</p> <p>Cheese Ravioli With Marinara Sauce Mixed Vegetables Grapes Milk & Water</p>	<p>6</p> <p>Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water</p>	<p>7</p> <p>(WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water</p>	<p>8</p> <p>Chicken Taquitos Mexican Rice With Corn Mandarin Milk & Water</p>	<p>9</p> <p>Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water</p>	<p>10</p> <p>Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup</p>
<p>11</p> <p>Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces</p>	<p>12</p> <p>(WW) Spaghetti with Meat Sauce Garlic Bread Green Beans Grapes Milk & Water</p>	<p>13</p> <p>Orange Chicken Fried Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>14</p> <p>Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water</p>	<p>15</p> <p>Chicken Flautas Spanish Rice Steamed Green Beans Peach Slices</p>	<p>16</p> <p>Crispy Chicken Burger Carrot Sticks With Ranch Banana Slices Milk & Water</p>	<p>17</p> <p>Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>
<p>18</p> <p>Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving</p>	<p>19</p> <p>Martin Luther King Jr. Day School Closed</p>	<p>20</p> <p>Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>21</p> <p>(WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>22</p> <p>(WW) Cheese & Bean Burritos Mexican Rice Mixed Vegetable Pineapple Chunks Milk & Water</p>	<p>23</p> <p>Chicken Tenders Mashed Potatoes (WW) Bun Steamed Peas Apple Slices Milk & Water</p>	<p>24</p> <p>Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>
<p>25</p> <p>Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup</p>	<p>26</p> <p>(WW) Fettuccini Alfredo with Chicken Mixed Vegetables Grapes Milk & Water</p>	<p>27</p> <p>(WW) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water</p>	<p>28</p> <p>Cheese Pizza Carrots Sticks Peaches Milk & Water</p>	<p>29</p> <p>(WG) Chicken & Cheese Quesadillas Spanish Rice Green Beans Banana Slices Milk & Water</p>	<p>30</p> <p>Turkey & Cheese Sandwiches (WW) Carrots with Ranch Dressing Pineapple Chunks Milk and Water</p>	<p>31</p> <p>Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>

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 ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				New Year's Day School Closed	(WGR) Cheez-it crackers Peach Slices BelVita Biscuit Milk & Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving	(WW) Wheat Crackers Watermelon Apple Slices Milk & Water	(WGR) Wheat Thins & Cheese Pineapple Chunks Orange Slices Milk & Water	(WGR) Mini Bagels With Cream Cheese Banana Cheez It Crackers Milk & Water	Blueberry Muffin Apple Sauce BelVita Biscuit Milk & Water	(WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	(WW) Ritz Crackers & Cheese Apple Slices Mandarin Milk & Water	Graham Crackers Orange Slices Pineapple Chunks Milk & Water	(WGR) Chex Mix Watermelon Apple Sauce Milk & Water	(WGR) Goldfish Crackers Banana String Cheese Milk & Water	(WGR) Cheez-it crackers Peach Slices BelVita Biscuit Milk & Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	Martin Luther King Jr, day School Closed	(WGR) Wheat Thins & Cheese Orange Slices Pineapple Chunks Milk & Water	(WGR) Mini Bagels With Cream Cheese Banana Milk & Water	Blueberry Muffin Apple Sauce BelVita Biscuit Milk & Water	(WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
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