

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

January 2026

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Sundav	Mondav	Tuesdav	Wednesdav	Thursdav	Fridav	Saturday
2 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				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 Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ 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 Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ 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 Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
18 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	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 Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
25 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	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 Protein 1.5 Ounces/6 Ounces ½ Cup, ¼ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ 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 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
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