

Breakfast

July 2026



(WGR) – Whole Grain (WW) – Whole Wheat (MGR) – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup</p>	<p>**This institution is an equal opportunity provider**</p>	<p>Free Meal modifications are available upon request for participants with disabilities</p>	<p>1 (MGR) Cheerio Cereal Pear Slices Milk and Water</p>	<p>2 English Muffins w/Jelly Banana Milk and Water</p>	<p>3 School Closed Independence Day</p>	<p>4 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup</p>
<p>5 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup</p>	<p>6 (WGR) French Toast Peaches Milk and Water</p>	<p>7 All Bran Cereal Apple Sauce Milk and Water</p>	<p>8 (WGR) Waffles Pineapple Chunks Milk and Water</p>	<p>9 Chex Cereal Mandarin Orange Milk and Water</p>	<p>10 (WW) Toast & Jelly Apple Sauce Milk and Water</p>	<p>11 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup</p>
<p>12 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup</p>	<p>13 Oatmeal Orange Slice Milk and Water</p>	<p>14 (WGR) Pancakes Peach Slices Milk and Water</p>	<p>15 (MGR) Cheerio Cereal Pear Slices Milk and Water</p>	<p>16 English Muffins w/Jelly Banana Milk and Water</p>	<p>17 (WW) Bagels & Cream Cheese Orange Slices Milk and Water</p>	<p>18 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup</p>
<p>19 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup</p>	<p>20 (WGR) French Toast Peaches Milk and Water</p>	<p>21 All Bran Cereal Apple Sauce Milk and Water</p>	<p>22 (WGR) Waffles Pineapple Chunks Milk and Water</p>	<p>23 Chex Cereal Mandarin Orange Milk and Water</p>	<p>24 (WW) Toast & Jelly Apple Sauce Milk and Water</p>	<p>25 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup</p>
<p>26 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup</p>	<p>27 Oatmeal Orange Slice Milk and Water</p>	<p>28 (WGR) Pancakes Peach Slices Milk and Water</p>	<p>29 (MGR) Cheerio Cereal Pear Slices Milk and Water</p>	<p>30 English Muffins w/Jelly Banana Milk and Water</p>	<p>31 (WW) Bagels & Cream Cheese Orange Slices Milk and Water</p>	<p>Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup</p>

Lunch

July 2026



WGR – Whole Grain

WW – Whole Wheat

MGR – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 Cheese & Chicken Pizza Carrot Sticks With Ranch Dressing Banana Slices Milk & Water</p>	<p>2 Chicken Hotdog Sweet Potato Fries Buttered Corn Watermelon Milk & Water</p>	<p>3 School Closed Independence Day</p>	<p>4 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>
<p>5 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>6 (WG) Fettuccini Alfredo With Chicken Mixed Vegetables Fruit Cocktail Milk and Water</p>	<p>7 (WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water</p>	<p>8 (WW) Turkey & Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>9 Cheese Quesadillas Spanish Rice Refried Beans Apple Slices Milk and Water</p>	<p>10 Sloppy Joes on a (WW) Bun Peas and Carrots Orange Slices Milk & Water</p>	<p>11 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>
<p>12 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>13 (WG) Spaghetti with Meat Sauce Steamed Green Beans Peach Slices Milk and Water</p>	<p>14 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water</p>	<p>15 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>16 (WW) Cheese & Chicken Chimichanga Spanish Rice Steamed Green Beans Peach Slices Milk & Water</p>	<p>17 Chicken Burgers with Cheese (WW) Bun Carrots w/ Ranch Apple & Orange Slices Milk & Water</p>	<p>18 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>
<p>19 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>20 (WG) Cheese Ravioli With Marinara Sauce Mixed Vegetables Garlic Bread Fruit Cocktail Milk & Water</p>	<p>21 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>22 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water</p>	<p>23 (WG) Soft Chicken Tacos Mexican Rice Pinto Beans Banana Slices Milk & Water</p>	<p>24 Popcorn Chicken w/BBQ Sauce Mashed Potatoes Sweet Corn Apple Slices Milk & Water</p>	<p>25 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>
<p>26 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>27 (WG) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water</p>	<p>28 Teriyaki Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk and Water</p>	<p>20 (WW) Chicken Salad Sandwich Carrots Sticks Fruit Cocktail Milk & Water</p>	<p>30 Chicken and Cheese Flautas Spanish Rice Black Beans Peach Slices Milk & Water</p>	<p>31 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water</p>	<p>Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup</p>

AM & PM Snack

July 2026



(WGR)-Whole Grain (WW)-Whole Wheat

(MGR) - Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup</p>	<p>**This institution is an equal opportunity Provider**</p>	<p>Free Meal modifications are available upon request for participants with disabilities</p>	<p>1 Chex Mix Orange Slices Apple Sauce Milk and Water</p>	<p>2 Saltine Crackers Banana Watermelon Milk & Water</p>	<p>3 School Closed Independence Day</p>	<p>4 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup</p>
<p>5 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup</p>	<p>6 Cheez It Crackers Grapes Apple Sauce Milk and Water</p>	<p>7 (WW) Mini Bagel & Cream Cheese Apple Slices BelVita Biscuit Milk and Water</p>	<p>8 Graham Crackers Mandarin Goldfish Crackers Milk and Water</p>	<p>9 (WW) Graham Crackers String Cheese Banana Milk and Water</p>	<p>10 Go Gurt Watermelon Peaches Milk and Water</p>	<p>11 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup</p>
<p>12 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup</p>	<p>13 Ritz Crackers & Cheese Slices Apple Slices String Cheese Milk and Water</p>	<p>14 (WGR) Cheez-It Crackers Mandarin Oranges Grapes Milk and Water</p>	<p>15 Chex Mix Orange Slices Apple Sauce Milk and Water</p>	<p>16 Saltine Crackers Banana Watermelon Milk & Water</p>	<p>17 (WW) Wheat Thins Watermelon Peaches Milk & Water</p>	<p>18 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup</p>
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<p>26 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup</p>	<p>27 Ritz Crackers & Cheese Slices Apple Slices String Cheese Milk and Water</p>	<p>28 (WGR) Cheez-It Crackers Mandarin Oranges Grapes Milk and Water</p>	<p>29 Chex Mix Orange Slices Apple Sauce Milk and Water</p>	<p>30 Saltine Crackers Banana Watermelon Milk & Water</p>	<p>31 (WW) Wheat Thins Watermelon Peaches Milk & Water</p>	<p>Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup</p>