

Breakfast

August 2026

(WGR) – Whole Grain (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, ⅙ Cup	3 Oatmeal Orange Slice Milk and Water	4 (WGR) Pancakes Peach Slices Milk and Water	5 (MGR) Cheerio Cereal Pear Slices Milk and Water	6 English Muffins w/Jelly Banana Milk and Water	7 (WW) Bagels & Cream Cheese Orange Slices Milk and Water	8 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
9 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	10 (WGR) French Toast Peaches Milk and Water	11 All Bran Cereal Apple Sauce Milk and Water	12 (WGR) Waffles Pineapple Chunks Milk and Water	13 Chex Cereal Mandarin Orange Milk and Water	14 (WW) Toast & Jelly Apple Sauce Milk and Water	15 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
16 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	17 Oatmeal Orange Slice Milk and Water	18 (WGR) Pancakes Peach Slices Milk and Water	19 (MGR) Cheerio Cereal Pear Slices Milk and Water	20 English Muffins w/Jelly Banana Milk and Water	21 (WW) Bagels & Cream Cheese Orange Slices Milk and Water	22 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
23 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	24 (WGR) French Toast Peaches Milk and Water	25 All Bran Cereal Apple Sauce Milk and Water	26 (WGR) Waffles Pineapple Chunks Milk and Water	27 Chex Cereal Mandarin Orange Milk and Water	28 (WW) Toast & Jelly Apple Sauce Milk and Water	29 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
30 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	31 Oatmeal Orange Slice Milk and Water			**This institution is an equal opportunity provider**	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup

Lunch

August 2026

WGR– Whole Grain

WW – Whole Wheat

MGR – Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	3 (WGR) Chicken and Vegetable Pasta Primavera Mixed Vegetables Pineapple Chunks Milk and Water	4 Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	5 (WW) Chicken Salad Sandwich Carrot Sticks w/Ranch Banana Milk & Water	6 Chicken & Cheese Flautas Spanish Rice Pinto Beans Strawberry Milk & Water	7 Chicken Nuggets Mashed Potatoes Steamed Corn Sliced Oranges Milk & Water	8 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
9 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	10 (WGR) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	11 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water	12 (WGR) Turkey & Cheese Sandwiches Carrots w/Ranch Banana Milk & Water	13 (WGR) Chicken Taquitos Mexican Rice Black Beans Strawberry Milk & Water	14 Sloppy Joes on a (WW) Bun Peas and Carrots Apple Slices Milk & Water	15 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
16 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	17 (WGR) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water	18 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	19 Cheese & Chicken Pizza Carrot Sticks w/Ranch Banana Milk & Water	20 (WGR) Chicken & Cheese Chimichanga Mexican Rice Steamed Green Beans Peach Slices Milk & Water	21 Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water	22 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
23 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	24 (WGR) Cheese & Spinach Ravioli With Marinara Sauce Mixed Vegetables Strawberry Milk & Water	25 Chicken Fried Rice with Pinto Beans Steamed Broccoli Pineapple Chunks Milk & Water	26 Chicken Burgers (WW) Potato Wedges Carrots Sticks w/Ranch Pear Slices Milk & Water	27 (WGR) Soft Chicken Tacos Spanish Rice Pinto Beans Banana Slices Milk & Water	28 (WW) Grilled Cheese Sandwiches Carrots w/Ranch Orange Slices Milk & Water	29 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
30 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	31 (WGR) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water			Free Meal modifications are available upon request for participants with disabilities	**This institution is an equal opportunity provider**	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup

AM & PM Snack

August 2026

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

(MGR) - Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	3 Ritz Crackers & Cheese Slices Apple Slices Grapes Milk and Water	4 (WGR) Cheez-It Crackers Mandarin Oranges Belvita Biscuit Milk and Water	5 (WGR) Chex Mix Orange Slices Apple Sauce Milk and Water	6 (WGR) Goldfish Crackers Peaches String Cheese Milk and Water	7 (WW) Whole Wheat Crackers Orange Slices Go Gurt Milk and Water	8 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
9 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	10 Cheez It Crackers Grapes Apple Sauce Milk and Water	11 (WW) Mini Bagel & Cream Cheese Apple Slices Belvita Biscuit Milk and Water	12 Graham Crackers Banana Watermelon Milk and Water	13 (WW) Wheat Thins Peaches String Cheese Milk and Water	14 Vanilla Yogurt Mandarin Oranges Go Gurt Milk and Water	15 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
16 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	17 Ritz Crackers & Cheese Slices Apple Slices Grapes Milk and Water	18 (WGR) Cheez-It Crackers Mandarin Oranges Belvita Biscuit Milk and Water	19 (WGR) Chex Mix Orange Slices Apple Sauce Milk and Water	20 (WGR) Goldfish Crackers Peaches String Cheese Milk and Water	21 (WW) Whole Wheat Crackers Orange Slices Go Gurt	22 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
19 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	20 Cheez It Crackers Grapes Apple Sauce Milk and Water	21 (WW) Mini Bagel & Cream Cheese Apple Slices Belvita Biscuit Milk and Water	22 Graham Crackers Banana Watermelon Milk and Water	23 (WW) Wheat Thins Peaches String Cheese Milk and Water	24 Vanilla Yogurt Mandarin Oranges Go Gurt Milk and Water	25 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
26 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	27 Ritz Crackers & Cheese Slices Apple Slices Grapes Milk and Water			**This institution is an equal opportunity Provider**	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup