

October 2025



Early Head Start; Head Start;
State Pre-School;
CCP General Child Care

Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Wed 01	Thu 02	Fri 03
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Canned Tropical Mix	Pineapple Tidbits	Banana
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Waffles *	Low-Fat Yogurt	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Jelly		Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	⅓ Cup	¼ Cup	¼ Cup	Apples ¹	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Zucchini	Mixed Veggies	Mixed Veggies
					Carrots	Shredded Lettuce	
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Beef Stew Meat	Chicken Salad	Lentils Soup
	½ oz eq	½ oz eq	1 oz eq	Grain			
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Brown Rice	Pita Bread*	Corn Tortilla *
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water		Mayo	
	½ Cup	½ Cup	¾ Cup	Fruit	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	Water
	½ Cup	½ Cup	¾ Cup	Vegetable			Apples ¹
	½ oz	½ oz	1 oz	Meat/Meat Alternative			
	½ oz eq	½ oz eq	1 oz eq	Grain			String Cheese
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.					Graham Crackers*	Cold Cereal*	
					Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here



¹ Toddler accommodations: Apples → Applesauce or Saltine Crackers; Pears → Diced Pears; Sliced Oranges or Fresh Tangerines → Canned Tangerines; Baby Carrots/Carrot Sticks → Shredded Carrots; Corn Tostada/Taco Shell → Corn Tortilla; Tortilla Chips → Saltine Crackers

* Item meets whole-grain-rich requirement

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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 06	Tue 07	Wed 08	Thu 09	Fri 10
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango	Canned Tropical Mix	Applesauce in a cup	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Pancakes*	Bagel *	English Muffin *	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Jelly	Cream Cheese	Jelly	Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Spinach	Diced Broccoli	Diced Tomato	Stir-Fried Vegetables	Shredded Lettuce
					Shredded Carrots	Shredded Carrots	Shredded Lettuce	Bean Sprouts	Diced Tomato
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Teriyaki Chicken	Diced Turkey	Beef Picadillo (Beef Taco)	Chicke Stir-Fried	Beans
							Shredded Cheese		Shredded Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Dinner Roll *	Pasta *	Taco Shell *	Brown Rice	Corn Tostada *
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Italian Dressing			
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk **	Water	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Banana	Tangerines ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		Saltine Wheat Crackers*
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here

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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 13	Tue 14	Wed 15	Thu 16	Fri 17
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Banana
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Banana Muffin *	Waffles *	Low-Fat Yogurt	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.			Jelly		Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Slided Tomato	Mixed Greens Salad	California Blend Veggies	Mixed Vegetables	Baby Carrots ¹
					Lettuce				
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Chicken (Burger)	Diced Turkey	Beef Stroganoff	Chicken Soup	Sunbutter & Jelly
						Shredded Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Buns *	Dinner Roll *	Pasta *	Corn Tortilla *	Wheat Bread*
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Ranch Dressing			Ranch Dressing
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk **	Water	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	Water
	½ Cup	½ Cup	¾ Cup	Fruit					Apples ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Hummus			String Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *	Saltine Wheat Crackers*	Graham Crackers*	Cold Cereal*	
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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 20	Tue 21	Wed 22	Thu 23	Fri 24
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango	Canned Tropical Mix	Applesauce in a cup	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Pancakes*	Bagel *	English Muffin *	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Jelly	Cream Cheese	Jelly	Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	California Blend Veggies	Mixed Veggies	Broccoli	Celery	Mixed Salad
						Celery	Carrots	Carrot Sticks	Dressing
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	BBQ Chicken	Diced Turkey	Beef Strips	Egg Salad	Bean & Cheese
½ oz eq	½ oz eq	1 oz eq	Grain	Wheat Bread*	Whole Grain Cheese Crackers	Brown Rice	Wheat Bread*	Wheat Flour Tortilla*	
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Mayo		Mayo	Ranch Dressing
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk**	Water	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Banana	Tangerines ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		Saltine Wheat Crackers*
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here

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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 27	Tue 28	Wed 29	Thu 30	Fri 31
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Banana
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Banana Muffin *	Waffles *	Low-Fat Yogurt	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.			Jelly		Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Spring Salad	Diced Tomato	Zucchini	Mixed Veggies	Mixed Veggies
					Lettuce	Carrots	Shredded Lettuce		
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Grilled Chicken	Sliced Turkey	Beef Stew Meat	Chicken Salad	Lentils Soup
						Sliced Cheddar Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Whole Grain Cheese Crackers	Wheat Bread*	Brown Rice	Pita Bread*	Corn Tortilla *
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Mayo		Mayo	
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk **	Water	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	Water
	½ Cup	½ Cup	¾ Cup	Fruit					Apples ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Hummus			String Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *	Saltine Wheat Crackers*	Graham Crackers*	Cold Cereal*	
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here

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