

# February 2026



Early Head Start; Head Start;

State Pre-School;

CCP General Child Care

Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 02	Tue 03	Wed 04	Thu 05	Fri 06
<b>Breakfast</b>	½ Cup**	¾ Cup	1 Cup	<b>Milk</b>	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**			
	¼ Cup	½ Cup	½ Cup	<b>Fruit/Vegetable</b>	Diced Peaches	Frozen Strawberries	Applesauce in a cup	Canned Tropical Mix	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	<b>Grain/Meat/Meat Alternative</b>	Cold Cereal*	Bagel *	Pancakes*	Low-Fat Yogurt	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	<b>Extra- 1 Serv.</b>		Cream Cheese	Jelly		Butter
<b>Lunch</b>	½ Cup**	¾ Cup	1 Cup	<b>Milk</b>	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**			
	⅝ Cup	¼ Cup	¼ Cup	<b>Fruit</b>	Apples <sup>1</sup>	Sliced Oranges <sup>1</sup>	Pears <sup>1</sup>	Frozen Mango	Pineapple Tidbits
	⅝ Cup	¼ Cup	½ Cup	<b>Vegetable</b>	Spring Salad	Mixed Veggies	Stir-Fried Vegetables	Hominy	Lettuce
						Celery		Shredded Cabagge, Sliced Radish & Lemon	Slided Tomato
	1 oz eq	1 ½ oz	2 oz	<b>Meat/Meat Alternative</b>	Beans	Diced Turkey	Chicken Stir-Fried	Chicken Pozole	Sliced Turkey
					Shredded Cheese				Sliced Cheddar Cheese
½ oz eq	½ oz eq	1 oz eq	<b>Grain</b>	Wheat Flour Tortilla*	Whole Grain Cheese Crackers	Brown Rice	Corn Tortilla *	Wheat Bread*	
Meal	Ages 1-2	Ages 3-5	Ages 6-11	<b>Extra- 1 Serv.</b>	Ranch Dressing	Mayo			Mayo
<b>Snack</b>	½ Cup**	½ Cup	1 Cup	<b>Milk/Water</b>	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	Water	Water
	½ Cup	½ Cup	¾ Cup	<b>Fruit</b>					
	½ Cup	½ Cup	¾ Cup	<b>Vegetable</b>					Mexican Salsa
	½ oz	½ oz	1 oz	<b>Meat/Meat Alternative</b>				String Cheese	
	½ oz eq	½ oz eq	1 oz eq	<b>Grain</b>	Jungle Crackers *	Hawaiian Rolls*	Cold Cereal*	Saltine Wheat Crackers*	Tortilla Chips*
<b>Menu change: MEAL &amp; COMPONENT</b> ----> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here			

<sup>1</sup> 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

\*\*Children aged 12 to 23 months received whole milk

# February 2026



Early Head Start; Head Start;

State Pre-School;

CCP General Child Care

Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 09	Tue 10	Wed 11	Thu 12	Fri 13
<b>Breakfast</b>	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% Low-Fat Unflavored Milk **				
	¼ Cup	½ Cup	½ Cup	<i>Fruit/Vegetable</i>	Diced Peaches	Frozen Strawberries	Applesauce in a cup	Canned Tropical Mix	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	<i>Grain/Meat/Meat Alternative</i>	Cold Cereal*	Low-Fat Yogurt	Waffles *	Blueberry Muffin	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>			Jelly		Butter
<b>Lunch</b>	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% Low-Fat Unflavored Milk **				
	⅛ Cup	¼ Cup	¼ Cup	<i>Fruit</i>	Apples <sup>1</sup>	Sliced Oranges <sup>1</sup>	Pears <sup>1</sup>	Frozen Mango	Pineapple Tidbits
	⅛ Cup	¼ Cup	½ Cup	<i>Vegetable</i>	California Blend Veggies	Mixed Salad	Peas & Carrots	Baby Carrots <sup>1</sup>	Mixed Veggies
	1 oz eq	1 ½ oz	2 oz	<i>Meat/Meat Alternative</i>	Grilled Chicken	Diced Turkey	Steak Ranchero	Sunbutter & Jelly	Lentils Soup
	½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>	Whole Grain Cheese Crackers	Wheat Bread*	Brown Rice	Wheat Bread*	Pita Bread*
Meal	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>		Ranch Dressing		Ranch Dressing	
<b>Snack</b>	½ Cup**	½ Cup	1 Cup	<i>Milk/Water</i>	1% Low-Fat Unflavored Milk **	Water	1% Low-Fat Unflavored Milk **	Water	Water
	½ Cup	½ Cup	¾ Cup	<i>Fruit</i>				Diced Peaches	Apples <sup>1</sup>
	½ Cup	½ Cup	¾ Cup	<i>Vegetable</i>					
	½ oz	½ oz	1 oz	<i>Meat/Meat Alternative</i>		Hummus		Cottage Cheese	Sunbutter
	½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>	Graham Crackers*	Saltine Wheat Crackers*	Cold Cereal*		
<b>Menu change: MEAL &amp; COMPONENT</b> ----> Menu subject to change due to individual food availability.					Place Menu Changes sticker here				

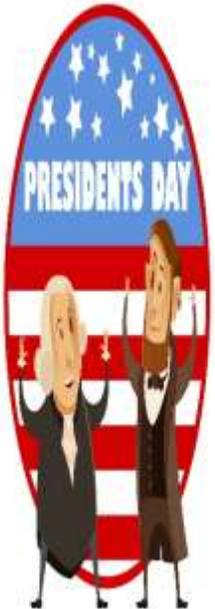
<sup>1</sup> Toddler accommodations: Apples → Applesauce or Saltine Crackers; Pears → Diced Pears; Sliced Oranges or Fresh Tangerines → Canned Tangerines; Baby Carrots/Carrot Sticks → Shredded Carrots; Corn Tostada/Taco Shell → Corn Tortilla; Tortilla Chips → Saltine Crackers

\* Item meets whole-grain-rich requirement

\*\*Children aged 12 to 23 months received whole milk

# February 2026



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20
<b>Breakfast</b>	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**
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable		Frozen Strawberries	Canned Tropical Mix	Canned Fruit Mix	Applesauce in a cup
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative		Bagel *	Pancakes*	Low-Fat Yogurt	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Cream Cheese	Jelly		Butter
<b>Lunch</b>	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**
	⅓ Cup	¼ Cup	¼ Cup	Fruit		Sliced Oranges <sup>1</sup>	Pears <sup>1</sup>	Frozen Mango	Pineapple Tidbits
	⅓ Cup	¼ Cup	½ Cup	Vegetable		Spinach	Diced Tomato	Mixed Veggies	Mixed Vegetables
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative		Shredded Carrots	Shredded Lettuce	Shredded Lettuce	
	½ oz eq	½ oz eq	1 oz eq	Grain		Teriyaki Chicken	Beef Picadillo (Beef Taco)	Chicken Salad	Beef Soup
				Extra- 1 Serv.			Shredded Cheese		
<b>Snack</b>	½ Cup**	½ Cup	1 Cup	Milk/Water	Brown Rice	Taco Shell *	Pita Bread*	Brown Rice	
	½ Cup	½ Cup	¾ Cup	Fruit	Ranch Dressing				
	½ Cup	½ Cup	¾ Cup	Vegetable	1% low-fat unflavored milk**	1% low-fat unflavored milk**	Water	Water	
	½ oz	½ oz	1 oz	Meat/Meat Alternative				Mexican Salsa	
	½ oz eq	½ oz eq	1 oz eq	Grain			String Cheese		
				Extra- 1 Serv.	Hawaiian Rolls*	Cold Cereal*	Saltine Wheat Crackers*	Tortilla Chips*	
<b>Menu change: MEAL &amp; COMPONENT</b> ----> 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	

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# February 2026



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27
<b>Breakfast</b>	½ Cup**	¾ Cup	1 Cup	<b>Milk</b>	1% Low-Fat Unflavored Milk**				
	¼ Cup	½ Cup	½ Cup	<b>Fruit/Vegetable</b>	Diced Peaches	Frozen Strawberries	Canned Tropical Mix	Canned Fruit Mix	Applesauce in a cup
	½ oz eq	½ oz eq	1 oz eq	<b>Grain/Meat/Meat Alternative</b>	Cold Cereal*	Low-Fat Yogurt	Waffles *	Blueberry Muffin	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	<b>Extra- 1 Serv.</b>			Jelly		Butter
<b>Lunch</b>	½ Cup**	¾ Cup	1 Cup	<b>Milk</b>	1% low-fat unflavored milk**				
	⅝ Cup	¼ Cup	¼ Cup	<b>Fruit</b>	Apples <sup>1</sup>	Sliced Oranges <sup>1</sup>	Pears <sup>1</sup>	Frozen Mango	Pineapple Tidbits
	⅝ Cup	¼ Cup	½ Cup	<b>Vegetable</b>	California Blend Veggies	Shredded Lettuce	Carrots	Lettuce	Spinach
						Diced Tomato	Zucchini	Slided Tomato	Shredded Carrots
	1 oz eq	1 ½ oz	2 oz	<b>Meat/Meat Alternative</b>	BBQ Chicken	Chicken	Beef Stew Meat	Sliced Turkey	Chilli Bean
					Shredded Cheese		Sliced Cheddar Cheese	Ground Beef	
½ oz eq	½ oz eq	1 oz eq	<b>Grain</b>	Dinner Roll *	Wheat Flour Tortilla*	Brown Rice	Wheat Bread*	Whole Grain Cheese Crackers	
<b>Meal</b>	Ages 1-2	Ages 3-5	Ages 6-11	<b>Extra- 1 Serv.</b>		Ranch Dressing		Mayo	Ranch Dressing
<b>Snack</b>	½ Cup**	½ Cup	1 Cup	<b>Milk/Water</b>	1% low-fat unflavored milk**	Water	1% low-fat unflavored milk**	1% low-fat unflavored milk**	Water
	½ Cup	½ Cup	¾ Cup	<b>Fruit</b>				Diced Peaches	Apples <sup>1</sup>
	½ Cup	½ Cup	¾ Cup	<b>Vegetable</b>					
	½ oz	½ oz	1 oz	<b>Meat/Meat Alternative</b>		Hummus		Cottage Cheese	Sunbutter
	½ oz eq	½ oz eq	1 oz eq	<b>Grain</b>	Graham Crackers*	Saltine Wheat Crackers*	Cold Cereal*		
<b>Menu change: MEAL &amp; COMPONENT</b> ----> Menu subject to change due to individual food availability.					Place Menu Changes sticker here				

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