



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 02	Tue 03	Wed 04	Thu 05	Fri 06
Breakfast	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% Low-Fat Unflavored Milk**	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*	Bagel *	Pancakes*	Low-Fat Yogurt	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>		Cream Cheese	Jelly		Butter
Lunch	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**			
	⅓ Cup	¼ Cup	¼ Cup	<i>Fruit</i>	Apples ¹	Sliced Oranges ¹	Pears ¹	Frozen Mango	Pineapple Tidbits
	⅓ Cup	¼ Cup	½ Cup	<i>Vegetable</i>	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	<i>Meat/Meat Alternative</i>	Beans	Diced Turkey	Chicken Stir-Fried	Chicken Pozole	Sliced Turkey
					Shredded Cheese				Sliced Cheddar Cheese
½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>	Wheat Flour Tortilla*	Whole Grain Cheese Crackers	Brown Rice	Corn Tortilla *	Wheat Bread*	
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Mayo			Mayo
Snack	½ Cup**	½ Cup	1 Cup	<i>Milk/Water</i>	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	Water	Water
	½ Cup	½ Cup	¾ Cup	<i>Fruit</i>					
	½ Cup	½ Cup	¾ Cup	<i>Vegetable</i>					Mexican Salsa
	½ oz	½ oz	1 oz	<i>Meat/Meat Alternative</i>				String Cheese	
	½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>	Jungle Crackers *	Hawaiian Rolls*	Cold Cereal*	Saltine Wheat Crackers*	Tortilla Chips*
Menu change: MEAL & COMPONENT ----> Menu subject to change due to individual food availability.					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

**Children aged 12 to 23 months received whole milk

March 2026



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 09	Tue 10	Wed 11	Thu 12	Fri 13
Breakfast	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
Lunch	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% Low-Fat Unflavored Milk**				
	⅛ Cup	¼ Cup	¼ Cup	<i>Fruit</i>	Apples ¹	Sliced Oranges ¹	Pears ¹	Frozen Mango	Pineapple Tidbits
	⅛ Cup	¼ Cup	½ Cup	<i>Vegetable</i>	California Blend Veggies	Mixed Salad	Peas & Carrots	Baby Carrots ¹	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	
Snack	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 ¹
	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*		
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**Children aged 12 to 23 months received whole milk

March 2026



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20
Breakfast	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	Canned Tropical Mix	Canned Fruit Mix	Applesauce in a cup
	½ oz eq	½ oz eq	1 oz eq	<i>Grain/Meat/Meat Alternative</i>	Cold Cereal*	Bagel *	Pancakes*	Low-Fat Yogurt	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>		Cream Cheese	Jelly		Butter
Lunch	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% low-fat unflavored milk **				
	⅛ Cup	¼ Cup	¼ Cup	<i>Fruit</i>	Apples ¹	Sliced Oranges ¹	Pears ¹	Frozen Mango	Pineapple Tidbits
	⅛ Cup	¼ Cup	½ Cup	<i>Vegetable</i>	Mixed Salad	Spinach	Diced Tomato	Mixed Veggies	Mixed Vegetables
						Shredded Carrots	Shredded Lettuce	Shredded Lettuce	
	1 oz eq	1 ½ oz	2 oz	<i>Meat/Meat Alternative</i>	Chicken Tinga	Teriyaki Chicken	Beef Picadillo (Beef Taco)	Chicken Salad	Beef Soup
						Shredded Cheese			
½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>	Corn Tortilla *	Brown Rice	Taco Shell *	Pita Bread*	Brown Rice	
Meal	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>	Ranch Dressing	Ranch Dressing			
Snack	½ Cup**	½ Cup	1 Cup	<i>Milk/Water</i>	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **	Water	Water
	½ Cup	½ Cup	¾ Cup	<i>Fruit</i>					
	½ Cup	½ Cup	¾ Cup	<i>Vegetable</i>					Mexican Salsa
	½ oz	½ oz	1 oz	<i>Meat/Meat Alternative</i>				String Cheese	
	½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>	Jungle Crackers *	Hawaiian Rolls*	Cold Cereal*	Saltine Wheat Crackers*	Tortilla Chips*
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**Children aged 12 to 23 months received whole milk



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27
Breakfast	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	Canned Tropical Mix	Canned Fruit Mix	Applesauce in a cup
	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
Lunch	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% low-fat unflavored milk **				
	⅓ Cup	¼ Cup	¼ Cup	<i>Fruit</i>	Apples ¹	Sliced Oranges ¹	Pears ¹	Frozen Mango	Pineapple Tidbits
	⅓ Cup	¼ Cup	½ Cup	<i>Vegetable</i>	California Blend Veggies	Shredded Lettuce	Carrots	Lettuce	Spinach
						Diced Tomato	Zucchini	Slided Tomato	Shredded Carrots
	1 oz eq	1 ½ oz	2 oz	<i>Meat/Meat Alternative</i>	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	<i>Grain</i>	Dinner Roll *	Wheat Flour Tortilla*	Brown Rice	Wheat Bread*	Whole Grain Cheese Crackers	
Meal	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>		Ranch Dressing		Mayo	Ranch Dressing
Snack	½ Cup**	½ Cup	1 Cup	<i>Milk/Water</i>	1% low-fat unflavored milk **	Water	1% low-fat unflavored milk **	1% low-fat unflavored milk **	Water
	½ Cup	½ Cup	¾ Cup	<i>Fruit</i>				Diced Peaches	Apples ¹
	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*		
Menu change: MEAL & COMPONENT ----> Menu subject to change due to individual food availability.					Place Menu Changes sticker here				

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**Children aged 12 to 23 months received whole milk

March 2026



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 30	Tue 31
Breakfast	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	¼ Cup	½ Cup	½ Cup	<i>Fruit/Vegetable</i>	Diced Peaches	Frozen Strawberries
	½ oz eq	½ oz eq	1 oz eq	<i>Grain/Meat/Meat Alternative</i>	Cold Cereal*	Bagel *
	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>		Cream Cheese
Lunch	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	⅝ Cup	¼ Cup	¼ Cup	<i>Fruit</i>	Apples ¹	Sliced Oranges ¹
	⅝ Cup	¼ Cup	½ Cup	<i>Vegetable</i>	Spring Salad	Mixed Veggies
						Celery
	1 oz eq	1 ½ oz	2 oz	<i>Meat/Meat Alternative</i>	Beans	Diced Turkey
					Shredded Cheese	
½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>	Wheat Flour Tortilla*	Whole Grain Cheese Crackers	
Meal	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>	Ranch Dressing	Mayo
Snack	½ Cup**	½ Cup	1 Cup	<i>Milk/Water</i>	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	½ Cup	½ Cup	¾ Cup	<i>Fruit</i>		
	½ Cup	½ Cup	¾ Cup	<i>Vegetable</i>		
	½ oz	½ oz	1 oz	<i>Meat/Meat Alternative</i>		
	½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>	Jungle Crackers *	Hawaiian Rolls*
Menu change: MEAL & COMPONENT ----> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here



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