

July 2026



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**	School Closed Today 4TH OF JULY (Observed)
	¼ Cup	½ Cup	½ Cup	Fruit/ Vegetable				Applesauce in a cup	Canned Tropical Mix	
	½ oz eq	½ oz eq	1 oz eq	Grain/M/MA				Waffles *	Blueberry Muffin	
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.				Jelly		
Lunch	½ Cup**	¾ Cup	1 Cup	Milk				1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	
	⅓ Cup	¼ Cup	¼ Cup	Fruit				Pears ¹	Frozen Mango	
	⅓ Cup	¼ Cup	½ Cup	Vegetable				Peas & Carrots	Baby Carrots ¹	
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative				Steak Ranchero	Sunbutter & Jelly	
	½ oz eq	½ oz eq	1 oz eq	Grain				Brown Rice	Wheat Bread*	
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.					Ranch Dressing	
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water				1% Low-Fat Unflavored Milk**	Water	
	½ Cup	½ Cup	¾ Cup	Fruit					Peaches in a Cup	
	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				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	



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

* Item meets whole-grain-rich requirement

**Children aged 12 to 23 months received whole milk

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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	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Applesauce in a cup	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/M/MA	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	Baby Carrots ¹	Mixed Salad
						Celery	Carrots		
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	BBQ Chicken	Diced Turkey Salad	Beef Strips & Broccoli	Chicken Tinga Sandwich	Bean & Cheese Burrito
	½ oz eq	½ oz eq	1 oz eq	Grain	Wheat Bread*	Goldfish- Cheese Crackers*	Brown Rice	Buns *	Wheat Flour Tortilla*
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Mayo		Ranch Dressing	Ranch Dressing
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% low-fat unflavored milk **	Water	1% low-fat unflavored milk **		Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits			
	½ Cup	½ Cup	¾ Cup	Vegetable					Mexican Salsa
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese		String Cheese	
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		Saltine Wheat Crackers*
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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	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/M/MA	Cold Cereal*	Banana Muffin *	Waffles *	Low-Fat Yogurt	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.			Jelly		0
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 Sandwich	Beef Stew Meat	Chicken Salad	Lentils Soup
						Sliced Cheddar Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Goldfish- 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*	
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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	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Applesauce in a cup	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/M/MA	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 **
	¼ 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 Cucumber	Diced Tomato	Stir-Fried Vegetables	Shredded Lettuce
					Shredded Carrots	Diced Tomato	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)	Chicken Stir-Fried	Beans
							Shredded Cheese		Shredded Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Dinner Roll *	Elbow Pasta* Salad	Taco Shell * ¹	Brown Rice	Corn Tostada * ¹
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Creamy Italian Dressing			
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% low-fat unflavored milk **	Water	1% low-fat unflavored milk **		Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Peaches in a Cup	Canned Tangerines ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese		Low-Fat Yogurt	
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		Saltine Wheat Crackers*
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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	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Canned Fruit Mix
	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 **
	¼ 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 Sandwich
						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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