



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component
Breakfast	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>
	¼ Cup	½ Cup	½ Cup	<i>Fruit/Vegetable</i>
	½ oz eq	½ oz eq	1 oz eq	<i>Grain/Meat/Meat Alternative</i>
	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>
Lunch	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>
	⅞ Cup	¼ Cup	¼ Cup	<i>Fruit</i>
	⅞ Cup	¼ Cup	½ Cup	<i>Vegetable</i>
	1 oz eq	1 ½ oz	2 oz	<i>Meat/Meat Alternative</i>
	½ oz eq	½ oz eq	1 oz eq	<i>Grain</i>
Meal	Ages 1-2	Ages 3-5	Ages 6-11	<i>Extra- 1 Serv.</i>
Snack	½ Cup**	½ Cup	1 Cup	<i>Milk/Water</i>
	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>
Menu change: MEAL & COMPONENT ---->				
Menu subject to change due to individual food availability.				



Fri 01	
1% Low-Fat Unflavored Milk	**
Canned Fruit Mix	
Wheat Bread Toast*	
Butter	
1% Low-Fat Unflavored Milk	**
Pineapple Tidbits	
Lettuce	
Slided Tomato	
Sliced Turkey	
Sliced Cheddar Cheese	
Wheat Bread*	
Mayo	
Water	
Mexican Salsa	
Tortilla Chips*	
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



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 04	Tue 05	Wed 06	Thu 07	Fri 08
Breakfast	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	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	<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 **	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	<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	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*		
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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* Item meets whole-grain-rich requirement

**Children aged 12 to 23 months received whole milk



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 11	Tue 12	Wed 13	Thu 14	Fri 15
Breakfast	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	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	<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**	1% low-fat unflavored milk**	1% low-fat unflavored milk**	1% low-fat unflavored milk**	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*
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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* Item meets whole-grain-rich requirement

**Children aged 12 to 23 months received whole milk



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 18	Tue 19	Wed 20	Thu 21	Fri 22
Breakfast	½ Cup**	¾ Cup	1 Cup	<i>Milk</i>	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	<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 **	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	<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	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here


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* Item meets whole-grain-rich requirement

**Children aged 12 to 23 months received whole milk

May 2026



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 25	Tue 26	Wed 27	Thu 28	Fri 29
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**
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable		Frozen Strawberries	Applesauce in a cup	Canned Tropical Mix	Canned Fruit Mix
	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
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**
	⅝ Cup	¼ Cup	¼ Cup	Fruit		Sliced Oranges ¹	Pears ¹	Frozen Mango	Pineapple Tidbits
	⅝ Cup	¼ Cup	½ Cup	Vegetable		Mixed Veggies	Stir-Fried Vegetables	Hominy	Lettuce
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative		Celery		Shredded Cabagge, Sliced Radish & Lemon	Slided Tomato
	½ oz eq	½ oz eq	1 oz eq	Grain		Diced Turkey	Chicken Stir-Fried	Chicken Pozole	Sliced Turkey
				Extra- 1 Serv.					Sliced Cheddar Cheese
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	Whole Grain Cheese Crackers	Brown Rice	Corn Tortilla *	Wheat Bread*	
	½ Cup	½ Cup	¾ Cup	Fruit	Mayo			Mayo	
	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		
Menu change: MEAL & COMPONENT ----> Menu subject to change due to individual food availability.						Hawaiian Rolls*	Cold Cereal*	Saltine Wheat Crackers*	Tortilla Chips*
						Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here

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**Children aged 12 to 23 months received whole milk