

Early Learning Center
Month: August 2025

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item		1-2 age	3-5 age	6-12 age					Friday August 1
Breakfast	Milk		½ cup	¾ cup	1 cup					Milk
	Fruit Vegetable		¼ cup	½ cup	½ cup					Strawberries
	Grains		½ s or serving (1/2 oz)	½ s or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)					Corn Chex Cereal
	Add. Food option									
Lunch	Milk		½ cup	¾ cup	1 cup					Milk
	Vegetable		1/8 cup	1/4 cup	1/2 cup					Salad (inf/tod-lettuce, PS/SA-lettuce, cabbage, carrot)
	Fruit		1/8 cup	1/4 cup	¼ cup					Bananas
	Meat/ alternative		1 oz	1 ½ oz	2 oz					Egg Salad (diced egg, light mayo, mustard, dill)
	Grains		½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)					Whole Wheat Bread
	Add. Food option									Low-Fat Ranch Dressing
Snack	Fluid		½ cup	½ cup	1 cup					Orange Juice
	Fruit/ vegetable		½ cup	½ cup	¾ cup					
	Grains		½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)					Pretzels (inf/tod- soft pretzels)

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday August 4	Tuesday August 5	Wednesday August 6	Thursday August 7	Friday August 8
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Pears	Mandarin Oranges	Apple Slices	Strawberries	Bananas
	Grains	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Cornflakes Cereal	Cheerios Cereal	Rice Krispies Cereal	Whole Grain Pancakes	Rice Chex Cereal
	Add. Food option							Light Syrup	
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Peas	Stewed Tomatoes	Lima Beans	Mixed Vegetables	Cucumber Slices
	Fruit	1/8 cup	1/4 cup	¼ cup	Mixed Fruit	Peaches	Sliced Watermelon	Pineapple	Sliced Honeydew
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Chicken Salad (diced chicken, light mayo, dill)	Grilled Cheese (cheddar cheese, whole wheat bread)	Sliced Turkey	BBQ Chicken Breast	Tuna Salad (Tuna, Light Mayo, Dill)
	Grains	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Slider Roll	Whole Wheat Bread	Whole Wheat Tortilla	Whole Grain Dinner Roll	Multi-Grain Bread
	Add. Food option				Ketchup		Mustard		
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice	White Grape Juice	Water	Milk	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Triscuit Crackers	Cheez-its Crackers	Multi-Grain Club Crackers and Sliced Cheddar Cheese	Graham Crackers	Saltines and Cheddar Cheese Cubes

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday August 11	Tuesday August 12	Wednesday August 13	Thursday August 14	Friday August 15
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mango	Peaches	Strawberries	Pineapple	Applesauce
	Grains	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Corn Flakes Cereal	Cheerios Cereal	Rice Krispies Cereal	Life Cereal	Whole Grain French Toast Sticks
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Carrot Sticks (inf/tods-blanchd)	Corn	Diced Potatoes (diced potatoes, olive oil, oregano)	Cucumber Slices	Salad (inf/tod-lettuce PS-lettuce, carrot, cabbage)
	Fruit	1/8 cup	1/4 cup	¼ cup	Sliced Watermelon	Mandarin Oranges	Sliced Honeydew	Orange Slices	Bananas
	Meat/alternative	1 oz	1 ½ oz	2 oz	Soy Nut Butter and Mozzarella Cheese Sticks	Chicken Quesadillas (Diced chicken, shredded cheddar cheese, taco seasoning)	BBQ Diced Chicken (Diced Chicken, BBQ sauce, and Ketchup)	Sliced Turkey	Diced Chicken
	Grains	½ s or ½ serv (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	Multi-Grain Bread	Whole Wheat Tortilla	Whole Wheat Hamburger Bun	Whole Wheat Bread	Whole Grain Dinner Roll
	Add. Food option					Salsa		Mustard	Low-Fat Ranch Dressing
Snack	Fluid	½ cup	½ cup	1 cup	Orange Juice	Milk	Apple Juice	Water	Water
	Fruit/vegetable	½ cup	½ cup	¾ cup					
	Grains	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serving (1 oz)	Graham Cracker Goldfish	Multi-grain Cinnamon Raisin Bread	Pretzels (Infants and tods-Soft Pretzels)	Townhouse Crackers and Soy Nut Butter	Whole Grain Bean and Veggie Crackers and Mozzarella Cheese Sticks

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Month: August 2025

	Menu Item	1-2 age	3-5 age	6-12 age	Monday August 18	Tuesday August 19	Wednesday August 20	Thursday August 21	Friday August 22
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mixed Fruit	Pineapple	Mandarin Oranges	Mixed Berries	Bananas
	Grains	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Multi-Grain Cheerios Cereal	Corn Chex Cereal	Kix Cereal	Bran Flakes Cereal	Whole Wheat Bagels
	Add. Food option								Cream Cheese
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Green Beans	Broccoli	Cauliflower	Broccoli, Peas, Carrots	Lima Beans
	Fruit	1/8 cup	1/4 cup	¼ cup	Peaches	Pears	Mango	Apple Slices	Sliced Cantaloupe
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Burgers	English Muffin Pizzas (whole grain English muffin, tomato sauce, mozzarella)	Baked Fish with Bread Crumbs	Pasta Salad (Tri-colored rotini, carrots, broccoli, peas, cheddar cheese, chicken, Italian dressing)	Chicken Meatballs with Tomato Sauce
	Grains	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Wheat Hamburgers	Whole Grain English Muffin	Whole Grain Slider Rolls	Tri-colored Rotini	Flat Bread
	Add. Food option				Ketchup		Ketchup		
Snack	Fluid	½ cup	½ cup	1 cup	Milk	White Grape Juice	Water	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Animal Crackers	Whole Grain Cheddar Goldfish Crackers	Baked Soft Pretzels and Cheddar Cheese Slices	Wheat Thins and Hummus (garbanzo beans, tahini, olive oil, garlic, lemon juice)	Whole Grain Banana Bread

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Month: August 2025

	Menu Item	1-2 age	3-5 age	6-12 age	Monday August 25	Tuesday August 26	Wednesday August 27	Thursday August 28	Friday August 29
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk			
	Fruit Vegetable	¼ cup	½ cup	½ cup	Peaches	Pears	CLOSED	CLOSED	CLOSED
	Grains	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)	Cheerios Cereal	Rice Chex Cereal			
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk			
	Vegetable	1/8 cup	1/4 cup	½ cup	Broccoli	Carrot Sticks (inf/tod-blanchd)			
	Fruit	1/8 cup	1/4 cup	¼ cup	Pineapple	Sliced Watermelon			
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Teriyaki Chicken (diced chicken, broccoli, teriyaki sauce)	Egg Salad (diced egg, mayo, mustard, dill)	CLOSED	CLOSED	CLOSED
	Grains	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Dinner Roll	Whole Wheat Pita			
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water			
	Fruit/ vegetable	½ cup	½ cup	¾ cup			CLOSED	CLOSED	CLOSED
	Grains	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Graham Crackers	Triscuit Crackers and Cheddar Cheese Cubes			