

## Early Learning Center Month: January 2026

- 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

	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age				<b>January 1 Thursday</b>	<b>January 2 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup					
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup				<b>CLOSED</b>	<b>CLOSED</b>
	<b>Grains (oz eq)</b>	½ s or 1/2 serv (1/2 oz)	½ s or ½ serv (1/2 oz)	-1s or 1 serv (1 oz)					
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup					
	<b>Vegetable</b>	1/8 cup	¼ cup	1/2 cup					
	<b>Fruit</b>	1/8 cup	¼ cup	½ cup					
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz				<b>CLOSED</b>	<b>CLOSED</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)					
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup				<b>CLOSED</b>	<b>CLOSED</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)					

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>January 5 Monday</b>	<b>January 6 Tuesday</b>	<b>January 7 Wednesday</b>	<b>January 8 Thursday</b>	<b>January 9 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Pineapple</b>	<b>Apple Slices</b>	<b>Strawberries</b>	<b>Applesauce</b>	<b>Mandarin Oranges</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)	<b>Corn Flakes Cereal</b>	<b>Rice Krispies Cereal</b>	<b>Corn Chex Cereal</b>	<b>Whole Wheat Bagels</b>	<b>Kix Cereal</b>
	<b>Add. Food option</b>							<b>Cream Cheese</b>	
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	1/2 cup	<b>Beets</b>	<b>Peas</b>	<b>Cauliflower</b>	<b>Zucchini</b>	<b>Corn</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Mixed Fruit</b>	<b>Peaches</b>	<b>Orange Slices</b>	<b>Pears</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Turkey Sausage Patty Melt (turkey sausage, cheddar cheese, whole grain English muffin)HM</b>	<b>Creamy Chicken Casserole (Diced Chicken, Cream of Chicken, Whole Wheat Penne) HM</b>	<b>Teriyaki Chicken Breast</b>	<b>Cheese Ravioli with Mozzarella Cheese and Tomato Sauce</b>	<b>Diced Chicken with Salsa (diced chicken and salsa) HM</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Whole Grain English Muffin</b>	<b>Whole Wheat Penne</b>	<b>Whole Grain Dinner Roll</b>	<b>Ravioli</b>	<b>Whole Wheat Tortilla</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>White Grape Juice</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Graham Crackers</b>	<b>Pretzels (inf/tods-saltine crackers)</b>	<b>Flatbread and Cheddar Cheese Slices</b>	<b>Wheat Thin Crackers and Hummus (garbanzo beans, olive oil, lemon juice)HM</b>	<b>Triscuit Crackers and Apple Slices</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>January 12 Monday</b>	<b>January 13 Tuesday</b>	<b>January 14 Wednesday</b>	<b>January 15 Thursday</b>	<b>January 16 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Blueberries</b>	<b>Apple Slices</b>	<b>Strawberries</b>	<b>Mango</b>	<b>Orange Slices</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Rice Chex Cereal</b>	<b>Whole Grain Pancakes</b>	<b>Life Cereal</b>	<b>Multi-Grain Cheerios Cereal</b>	<b>Rice Krispies Cereal</b>
	<b>Add. Food option</b>					<b>Light Syrup</b>			
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	1/2 cup	<b>Broccoli</b>	<b>Green Beans</b>	<b>Mashed Potatoes</b>	<b>Stewed Tomatoes</b>	<b>Carrot Sticks (infants/tods-blanchd)</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Peaches</b>	<b>Pears</b>	<b>Pineapple</b>	<b>Mixed Fruit</b>	<b>Apple Slices</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Turkey Meatballs with Tomato Sauce</b>	<b>Chicken Salad (Diced chicken, mayo, dill)HM</b>	<b>Beef Patty</b>	<b>Macaroni and Cheese (Whole Wheat Macaroni, Cheddar Cheese) HM</b>	<b>English Muffin Pizza (WG English muffin, tomato sauce, mozzarella cheese)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Whole Grain Slider Roll</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Grain Macaroni</b>	<b>Whole Grain English Muffin</b>
	<b>Add. Food option</b>						<b>Ketchup</b>		
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Water</b>	<b>Orange Juice</b>	<b>Apple Juice</b>	<b>Milk</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Multi-grain Club Crackers and Mozzarella Cheese Sticks</b>	<b>Whole Grain Bean and Veggie Crackers</b>	<b>Townhouse Crackers</b>	<b>Wheat Whole Bagels and Pineapple Cream Cheese</b>	<b>Cinnamon Graham Cracker Bites</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>January 19 Monday</b>	<b>January 20 Tuesday</b>	<b>January 21 Wednesday</b>	<b>January 22 Thursday</b>	<b>January 23 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>CLOSED</b>	<b>Strawberries</b>	<b>Applesauce</b>	<b>Blueberries</b>	<b>Apple Slices</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)		<b>Cheerios Cereal</b>	<b>Whole Grain Waffle Sticks</b>	<b>Life Cereal</b>	<b>Rice Chex Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	1/2 cup		<b>Diced Potatoes</b>	<b>Mixed Vegetables</b>	<b>Lima Beans</b>	<b>Peas</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup		<b>Orange Slices</b>	<b>Pineapple</b>	<b>Mixed Fruit</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>CLOSED</b>	<b>Baked Fish (Fish, plain bread crumbs)</b>	<b>Chicken and Rice Casserole (Diced chicken, cream of chicken, brown rice)HM</b>	<b>Tuna Melt (tuna, cheddar cheese, whole grain English muffin, mayo)HM</b>	<b>Egg Salad (diced hard-boiled egg, light mayo, mustard, dill)HM</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (½ oz)	1 s or serv (1 oz)		<b>Whole Grain Dinner Roll</b>	<b>Brown Rice</b>	<b>Whole Grain English Muffin</b>	<b>Whole Grain Bread</b>
	<b>Add. Food option</b>					<b>Ketchup</b>			
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>CLOSED</b>	<b>Milk</b>	<b>Milk</b>	<b>Water</b>	<b>White Grape Juice</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)		<b>Animal Crackers</b>	<b>Cinnamon Raisin Squares</b>	<b>Whole Wheat Pita and Red Pepper Hummus (red peppers, tahini, garbanzo beans, olive oil, garlic)</b>	<b>Cheez-its Crackers</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>January 26 Monday</b>	<b>January 27 Tuesday</b>	<b>January 28 Wednesday</b>	<b>January 29 Thursday</b>	<b>January 30 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Mandarin Oranges</b>	<b>Pineapple</b>	<b>Strawberries</b>	<b>Apple Slices</b>	<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Corn Flakes Cereal</b>	<b>Rice Krispies Cereal</b>	<b>Multi-Grain Cheerios</b>	<b>Whole Grain Croissants</b>	<b>Corn Chex Cereal</b>
	<b>Add. Food option</b>							<b>Butter</b>	
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	1/2 cup	<b>Diced Potatoes (potatoes, olive oil, oregano)</b>	<b>Lima Beans</b>	<b>Cucumber Slices</b>	<b>Diced Carrots</b>	<b>Lettuce and Tomato</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Peaches</b>	<b>Pears</b>	<b>Mixed Fruit</b>	<b>Pineapple</b>	<b>Orange Slices</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Turkey Burger</b>	<b>BBQ Ground Turkey (ground turkey, bbq sauce, ketchup)HM</b>	<b>Tuna Salad (tuna, light mayo, dill) HM</b>	<b>Sweet and Sour Chicken (diced chicken, sweet and sour sauce)HM</b>	<b>Sliced Turkey</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (½ oz)	1 s or serv 1 (1 oz)	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Pita Bread</b>	<b>Whole Grain Bread</b>	<b>Whole Grain Slider Roll</b>	<b>Whole Wheat Tortilla</b>
	<b>Add. Food option</b>				<b>Ketchup</b>				<b>Mustard</b>
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Apple Juice</b>	<b>Water</b>	<b>Orange Juice</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	<b>Townhouse Crackers</b>	<b>Baked Soft Pretzels</b>	<b>Triscuit Crackers and Cheddar Cheese Slices</b>	<b>Graham Crackers</b>	<b>Saltine Crackers and Mozzarella Cheese Sticks</b>