

Early Learning Center
Month: February 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
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2 age	3-5 age	6-12 age	Monday February 2	Tuesday February 3	Wednesday February 4	Thursday February 5	Friday February 6
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	¼ cup	½ cup	½ cup	Blueberries	Pineapple	Strawberries	Mango	Applesauce
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Corn Chex Cereal	Rice Krispies Cereal	Cheerios Cereal	Kix 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	1/8 cup	½ cup	Beets	Lima Beans	Broccoli	Green Beans	Salad (lettuce, cabbage, carrots)
	Fruit	¼ cup	1/8 cup	¼ cup	Orange Slices	Pears	Apple Slices	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Sliced Turkey	BBQ Ground Turkey (bbq sauce, ketchup, ground turkey) HM	Diced Teriyaki Chicken (diced chicken, teriyaki sauce, broccoli) HM	Chicken Meatballs with Tomato Sauce	Turkey Sausage Patty Melt (turkey sausage, WG English Muffin, cheddar cheese)HM
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Wheat Tortilla	Whole Wheat Pita	Whole Grain Slider Roll	Flatbread	Whole Grain English Muffin
	Add. Food option				Mustard				Ranch Dressing
Snack	Fluid	½ cup	½ cup	1 cup	Water	Water	White Grape Juice	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Saltine Crackers and Mozzarella Cheese Sticks	Baked Soft Pretzels and Cheddar Cheese Slices	Whole Grain Bean and Veggie Crackers	Multi-Grain Club Crackers and Soy Nut Butter	Cinnamon Graham Cracker Bites

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday February 9	Tuesday February 10	Wednesday February 11	Thursday February 12	Friday February 13
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Strawberries	Blueberries	Applesauce	Mango	Mixed Fruit
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Life Cereal	Corn Chex Cereal	Whole Wheat Bagels	Rice Krispies Cereal	Rice Chex Cereal
	Add. Food option						Cream Cheese		
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ cup	Corn	Diced Carrots	Diced Tomatoes	Diced Potatoes (Potatoes, Oregano, Olive oil) HM	Peas
	Fruit	¼ cup	1/8 cup	¼ cup	Mixed Fruit	Pineapple	Pears	Peaches	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Diced Chicken and Salsa-HM	Beef Patty	Grilled Cheese (Whole wheat Bread, cheddar cheese) HM	BBQ Chicken Breast	Egg Salad (Diced egg, light mayo, mustard, dill) HM
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Whole Wheat Tortilla	Whole Wheat Hamburger Bun	Whole Wheat Bread	Whole Grain Slider Roll	Multi-Grain Club Crackers
	Add. Food option					Ketchup			
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Apple Juice	Water	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Graham Crackers	Pretzels (inf/tods-saltines)	Townhouse Crackers and Cheddar Cheese Cubes	Wheat Thins and Red Pepper Hummus (garbanzo beans, olive oil, garlic, lemon juice, red peppers) HM	Whole Grain Bean and Veggie Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday February 16	Tuesday February 17	Wednesday February 18	Thursday February 19	Friday February 20
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mixed Fruit	Pineapple	Strawberries	Pears	Applesauce
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Corn Chex Cereal	Multi-Grain Cheerios	Corn Flakes Cereal	Kix Cereal	Whole Grain Waffle Sticks
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ cup	Lima Beans	Zucchini	Beets	Mixed Vegetables	Carrot Sticks (infants/tods -blanched)
	Fruit	¼ cup	1/8 cup	¼ cup	Peaches	Apple Slices	Mandarin Oranges	Orange Slices	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Baked Fish with Bread Crumbs	Scrambled Eggs	Tuna Salad (Tuna, light mayo, dill) HM	Diced Chicken with Gravy	Sliced Turkey
	Grains (oz eq)	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 Tortilla	Whole Grain Bread	Whole Wheat Biscuits	Whole Wheat Bread
	Add. Food option				Ketchup	Salsa		Gravy	Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	White Grape Juice	Milk	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Saltine Crackers and Soy Nut Butter	Animal Crackers	Whole Grain Banana Squares HM	Whole Grain Cheddar Goldfish	Whole Grain Bean and Veggie Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday February 23	Tuesday February 24	Wednesday February 25	Thursday February 26	Friday February 27
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Mixed Fruit	Applesauce	Mixed Berries	Pineapple
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Cheerios Cereal	Rice Krispies Cereal	Whole Wheat Bagels	Rice Chex Cereal	Cereal
	Add. Food option						Cream Cheese		
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ cup	Yams	Cauliflower	Broccoli	Peas	Carrot Sticks
	Fruit	¼ cup	1/8 cup	¼ cup	Pears	Mandarin Oranges	Peaches	Apple Slices	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Burger	Creamy Chicken Casserole (Diced chicken, cream of chicken, WW Penne) HM	Cheese Ravioli with Tomato Sauce and Mozzarella	Chicken Salad (Diced chicken, mayo, dill) HM	Soy Nut Butter Sandwiches and Mozzarella Cheese Sticks
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Wheat Hamburger Bun	Whole Wheat Penne	Ravioli	Whole Grain Dinner Roll	Whole Wheat Bread
	Add. Food option				Ketchup				
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange juice	White Grape Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Triscuit Crackers and Mozzarella Cheese Sticks	Whole Grain Graham Goldfish	Pretzels (inf/tod-soft pretzels)	Cheez-it Crackers	Multi-Grain Club Crackers and Cheddar Cheese Slices