

**Early Learning Center**  
**Month: January 2026**

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

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

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