

**Early Learning Center
Month: April 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			Wednesday April 1	Thursday April 2	Friday April 3
Breakfast	Milk	½ cup	¾ cup	1 cup			Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup			Applesauce	Strawberries	Apple Slices
	Grains (oz eq)	½ serving Or ½ s (½ oz)	-½ s or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)			Whole Grain Waffle Sticks	Rice Krispies Cereal	Rice Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup			Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	1/2 cup			Lima Beans	Corn	Bananas
	Fruit	1/8 cup	¼ cup	¼ cup			Pineapple	Peaches	Carrot Sticks (inf/tods- blanched)
	Meat/ alternative	1 oz	1 ½ oz	2 oz			Egg Salad (Diced hard- boiled egg, light mayo, mustard, dill) HM	BBQ Chicken Breast	Tuna Salad (Tuna, dill, mayo)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 Grain Hamburger Bun	Whole Wheat Bread
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup			Orange Juice	Milk	Water
	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)			Trail Mix— Cheerios, cornflakes, chex, cheez- its, raisins (school age) (infants-chex cereal)	Animal Crackers	Townhouse Crackers and Soy Nut Butter

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 6	Tuesday April 7	Wednesday April 8	Thursday April 9	Friday April 10
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Strawberries	Blueberries	Applesauce	Pears	Orange Slices
	Grains (oz eq)	½ serv or ½ s (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Life Cereal	Kix Cereal	Whole Grain Croissants	Cheerios Cereal	Corn Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	1/2 cup	Broccoli	Green Beans	Peas	Asparagus	Salad (inf/tod-lettuce) (PS-lettuce, carrot, cabbage)
	Fruit	¼ cup	1/8 cup	¼ cup	Pineapple	Mandarin Oranges	Mango	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Scrambled Eggs	Chicken Meatballs with Tomato Sauce	Chicken Salad (Diced Chicken, Mayo, dill) HM	Creamy Chicken Casserole (chicken, cream of chicken, whole wheat penne) HM	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 Slider Roll	Whole Grain Dinner Roll	Flatbread	Whole Wheat Penne	Multi-Grain Bread
	Add. Food option								Low-Fat Ranch and Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice	Milk	Water	White Grape Juice	Water
	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)	Wheat Thin Crackers	Whole Grain Graham Goldfish Crackers	Multi-Grain Club Crackers and Red Pepper Hummus (garbanzo beans, red peppers, tahini, olive oil, lemon juice) HM	Saltines	Triscuit Crackers and Cheddar Cheese Cubes

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 13	Tuesday April 14	Wednesday April 15	Thursday April 16	Friday April 17
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Pears	Apple Slices	Strawberries	Bananas
	Grains (oz eq)	½ serv or ½ s (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Corn Flakes Cereal	Cheerios Cereal	Rice Chex Cereal	Whole Grain French Toast Sticks	Multi-Grain Cheerios Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	1/2 cup	Mixed Vegetables	Corn	Diced Potatoes (potatoes, olive oil, oregano) HM	Peas	Carrot Sticks (infants/Tods-blanchd)
	Fruit	¼ cup	1/8 cup	¼ cup	Pineapple	Mandarin Oranges	Mixed Fruit	Peaches	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Diced Chicken Teriyaki (diced chicken, broccoli, teriyaki sauce) HM	Chicken and Cheese Quesadillas (diced chicken, cheddar cheese, taco seasoning) HM	Beef Patty	Cheese Ravioli with Tomato Sauce and Mozzarella Cheese	Chicken Salad (diced chicken, dill, mayo) 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 Dinner Roll	Whole Wheat Tortilla	Whole Wheat Hamburger Bun	Cheese Ravioli	Whole Wheat Bread
	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)	Animal Crackers	Townhouse Crackers	Whole Wheat Pita and Cheddar Cheese Slices	Flatbread and Cheese Sticks	Whole Grain Bean and Veggie Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 20	Tuesday April 21	Wednesday April 22	Thursday April 23	Friday April 24
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Applesauce	Orange Slices	Pineapple	Mango	Strawberries
	Grains (oz eq)	½ serv or ½ s (1/2 oz)	-½ s or ½ serv (1/2 oz)	-1s or 1 serv (1 oz)	Whole Grain Waffle Sticks	Kix Cereal	Life Cereal	Cheerios Cereal	Corn Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cauliflower	Diced Carrots	Stewed Tomatoes	Spinach	Carrot Sticks (inf/tods-blanchd)
	Fruit	¼ cup	1/4 cup	¼ cup	Peaches	Pears	Apple Slices	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	BBQ Ground Turkey (ground turkey, bbq sauce, ketchup) HM	Diced Chicken and Salsa-HM	Macaroni and Cheese (whole grain macaroni, cheddar cheese, milk)HM	Chicken Meatballs with Tomato Sauce	Egg Salad (diced egg, 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 serv (1 oz)	Whole Wheat Hamburger Bun	Whole Wheat Tortilla	Whole Grain Macaroni	Whole Grain Dinner Roll	Whole Wheat Pita
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange Juice	Apple Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					Orange Slices
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or serv (1/2 oz)	1 s or serv (1 oz)	Baked Soft Pretzels and Cheddar Cheese Slices	Graham Crackers	Whole Grain Cheddar Goldfish	Saltines and Cheddar Cheese Cubes	Triscuit Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday April 27	Tuesday April 28	Wednesday April 29	Thursday April 30	
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Mixed Berries	Pears	Blueberries	
	Grains (oz eq)	½ serving Or ½ oz (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or 1 serving (1 oz)	Rice Krispies Cereal	Corn Flakes Cereal	Multi-Grain Cheerios	Whole Wheat Bagels	
	Add. Food option							Cream Cheese	
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Beets	Stewed Tomatoes	Yams	Salad	
	Fruit	¼ cup	1/4 cup	¼ cup	Peaches	Mixed Fruit	Apple Slices	Mandarin Oranges	
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Burger	Grilled Cheese (cheddar cheese, whole grain bread) HM	Diced Chicken with Chicken Gravy	Kidney Beans and Shredded Cheddar Cheese	
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	Whole Grain Hamburger Bun	Whole Grain Bread	Whole Wheat Biscuits	Multi-Grain Club Crackers	
	Add. Food option				Ketchup		Gravy	Ranch Dressing	
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	White Grape Juice	Milk	
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or serving (1/2 oz)	1 s or serving (1 oz)	Whole Grain Cinnamon Raisin Bread	Flatbread and Hummus (garbanzo beans, tahini, olive oil, lemon juice) HM	Pretzels (inf/tods-soft pretzels)	Cinnamon Graham Cracker Bites	