

**Early Learning Center
Month: May 2026**

- School Age children may be served cereal and fruit in substitution for hot breakfast 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					May 1 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup					Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup					Bananas
	Grain (oz eq)	½ serv. or ½ slice (1/2 oz)	½ s or ½ serv. (1/2 oz)	-1s or 1 serv. (1 oz)					Corn Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup					Milk
	Vegetable	1/8 cup	¼ cup	½ cup					Cucumber Slices
	Fruit	1/8 cup	¼ cup	¼ cup					Apple Slices
	Meat/alternative	1 oz	1 ½ oz	2 oz					Sliced Turkey
	Grain (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 Bread
	Add. Food option								Mustard
Snack	Fluid	½ cup	½ cup	1 cup					Water
	Fruit/vegetable	½ cup	½ cup	¾ cup					
	Grain (oz eq)	½ s or ½ serv. (1/2 oz)	½ s or ½ serv. (1/2 oz)	1 s or serv. (1 oz)					Saltines and Cheddar Cheese Cubes

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	Menu Item	1-2 age	3-5 age	6-12 age	May 4 Monday	May 5 Tuesday	May 6 Wed.	May 7 Thursday	May 8 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Strawberries	Peaches	Blueberries	Mango
	Grain (oz eq)	½ serv. Or ½ s (1/2 oz)	-½ s or ½ serv. (1/2 oz)	-1s or 1 serv. (1 oz)	Corn Flakes Cereal	Whole Grain Croissants	Rice Krispies Cereal	Cheerios Cereal	Life Cereal
	Add. Food option					Butter			
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Peas	Lima Beans	Broccoli	Cauliflower	Carrot Sticks (Infants & Tods-Blanched)
	Fruit	1/8 cup	¼ cup	¼ cup	Pineapple	Apple Slices	Pears	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Sweet and Sour Chicken (Diced chicken, sweet and sour sauce) HM	Tuna Salad (tuna, mayo, dill) HM	Scrambled Eggs HM	Diced Chicken and Chicken Gravy HM	English Muffin Pizzas (WG English Muffin, Tomato Sauce, Mozzarella Cheese) HM
	Grain (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 Wheat Bread	Whole Wheat Biscuits	Whole Grain English Muffin
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Milk	White Grape Juice	Water	Milk	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup			Red Pepper Hummus (red peppers, garlic, lemon, olive oil, tahini, garbanzo beans) HM		
	Grain (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 Cheddar Goldfish	Baked Soft Pretzels	Triscuit Crackers	Animal Crackers	Townhouse Crackers and Soy Nut Butter

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	Menu Item	1-2 age	3-5 age	6-12 age	May 11 Monday	May 12 Tuesday	May 13 Wed	May 14 Thursday	May 15 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Orange Slices	Strawberries	Pears	Apple Slices	Mixed Fruit
	Grain (oz eq)	½ serv. Or ½ s (1/2 oz)	½ s or ½ serv. (1/2 oz)	1s or 1 serv. (1 oz)	Kix Cereal	Cheerios Cereal	Corn Chex 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	Corn	Beets	Green Beans	Zucchini	Peas, Carrots, Broccoli
	Fruit	1/8 cup	¼ cup	¼ cup	Mixed Fruit	Peaches	Pineapple	Peaches	Orange Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Diced Chicken and Salsa-HM	Beef Patty	Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli) HM	Cheese Ravioli with Tomato Sauce and Mozzarella Cheese HM	Pasta Salad (tri-colored rotini, peas, broccoli, carrots, broccoli, chicken, Italian dressing, cheddar cheese) HM
	Grain (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 Hamburger Bun	Whole Grain Dinner Roll	Cheese Ravioli	Tri-colored Rotini
	Add. Food option					Ketchup			
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Apple Juice	Orange Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					Bananas
	Grain (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 and Cheddar Cheese Slices	Graham Crackers Goldfish	Banana Bread Squares HM	Pretzels (infants and toddlers- Whole Wheat Pita)	Graham Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	May 18 Monday	May 19 Tuesday	May 20 Wed.	May 21 Thursday	May 22 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Strawberries	Applesauce	Sliced Cantaloupe	Blueberries	Bananas
	Grain (oz eq)	½ serv. Or ½ s (1/2 oz)	½ s or ½ serv. (1/2 oz)	-1s or 1 serv. (1 oz)	Corn Flakes Cereal	Whole Grain French Toast Sticks	Cheerios Cereal	Rice Chex Cereal	Multi-Grain Cheerios
	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	Stewed Tomatoes	Diced potatoes (potatoes, olive oil, oregano)	Peas	Lima Beans	Cucumber Slices
	Fruit	1/8 cup	¼ cup	¼ cup	Pears	Pineapple	Peaches	Mixed Fruit	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Grilled Cheese HM	Turkey Meatballs with Turkey Gravy HM	Chicken and Rice Casserole (chicken, brown rice, cream of chicken) HM	Turkey Burger	Sliced Turkey
	Grain (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 Bread	Flat Bread	Brown Rice	Whole Wheat Hamburger Bun	Whole Wheat Pita
	Add. Food option							Ketchup	Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Milk	Apple Juice	ELC CLOSSES AT 12
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grain (oz eq)	½ s or ½ serv. (1/2 oz)	½ s or ½ serv. (1/2 oz)	1 s or serv. (1 oz)	Baked Soft Pretzels	Triscuits and Cheddar Cheese Slices	Whole Wheat Pita and Pineapple Cream Cheese	Animal Crackers	

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	Menu Item	1-2 age	3-5 age	6-12 age	May 25 Monday	May 26 Tuesday	May 27 Wed	May 28 Thursday	May 29 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	CLOSED	Pineapple	Strawberries	Mixed Fruit	Sliced Honeydew
	Grain (oz eq)	½ serv. Or ½ s (1/2 oz)	-½ s or ½ serv. (1/2 oz)	-1s or 1 serv. (1 oz)		Kix Cereal	Life Cereal	Corn Chex Cereal	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	½ cup		Yams	Carrot Sticks (inf/tod-blanchd)	Mixed Vegetables	Peas
	Fruit	1/8 cup	¼ cup	¼ cup		Pears	Apple Slices	Peaches	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	CLOSED	BBQ Chicken Breast HM	Chicken Salad (diced chicken, mayo, dill) HM	Chicken Meatballs with Tomato Sauce HM	Tuna Salad (tuna, dill, light mayo) HM
	Grain (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 Wheat Bread	Whole Grain Dinner Roll	Whole Wheat Tortilla
	Add. Food option							Gravy	
Snack	Fluid	½ cup	½ cup	1 cup		Water	Orange Juice	White Grape Juice	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grain (oz eq)	½ s or ½ serv. (1/2 oz)	½ s or ½ serv. (1/2 oz)	1 s or serv. (1 oz)	CLOSED	Townhouse Crackers and Cheddar Cheese Cubes	Cheez-It Crackers	Pretzels (inf/tods-soft pretzels)	Graham Cracker Goldfish