

**Early Learning Center
Month: July 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			July 1 Wednesday	July 2 Thursday	July 3 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup			Milk	Milk	
	Fruit Vegetable	¼ cup	½ cup	½ cup			Apple Slices	Mandarin Oranges	CLOSED
	Grains (oz eq)	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving -1/3 cup or ½ oz - ¼ cup	-1s or 1 serving -3/4 cup or 1oz - ½ cup			Corn Chex Cereal	Cheerios Cereal	
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup			Milk	Milk	
	Vegetable	¼ cup	¼ cup	½ cup			Cucumber Slices	Green Beans	
	Fruit	¼ cup	¼ cup	¼ cup			Sliced Cantaloupe	Pears	CLOSED
	Meat/ alternative	1 oz	1 ½ oz	2 oz			Special 4th of July Picnic Lunch- Sliced Turkey	Egg Salad (diced egg, mayo, mustard, dill) HM	
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving			Whole Grain Bread	Whole Wheat Bread	
	Add. Food option						Juice Boxes, Mustard, Cheddar Goldfish, Popsicles	CLOSING AT 12	
Snack	Fluid	½ cup	½ cup	1 cup			Milk		
	Fruit/ vegetable	½ cup	½ cup	¾ cup					CLOSED
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving			Graham Crackers		

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	Menu Item	1-2 age	3-5 age	6-12 age	July 6 Monday	July 7 Tuesday	July 8 Wednesday	July 9 Thursday	July 10 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Pineapple	Applesauce	Mango	Orange Slices
	Grains (oz eq)	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1 oz - ½ cup	Whole Grain Pancakes	Rice Chex Cereal	Life Cereal	Cheerios Cereal	Corn Flakes Cereal
	Add. Food option				Syrup				
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Stewed Tomatoes	Peas	Lima Beans	Carrot Sticks (inf/tod-blanchd)	Mixed Vegetables
	Fruit	1/8 cup	¼ cup	¼ cup	Pears	Peaches	Sliced Cantaloupe	Apple Slices	Pears
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Grilled Cheese (Whole wheat bread, cheddar cheese)HM	Chicken Noodle Casserole (chicken, cream of chicken, whole wheat penne)HM	Egg Salad (Diced hardboiled egg, mayo, mustard, dill)HM	Soy Nut Butter and Mozzarella Cheese Sticks	Baked Chicken Breast with Gravy
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Bread	Whole Wheat Penne	Whole Wheat Pita	Whole Grain Bread	Whole Grain Slider Roll
	Add. Food option								Gravy
Snack	Fluid	½ cup	½ cup	1 cup	Orange Juice	Milk	Water	Water	Apple Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Wheat Thin Crackers	Cinnamon Graham Cracker Bites	Whole Grain Bean and Veggie Crackers with Cheddar Cheese Cubes	Townhouse Crackers and Cheddar Cheese Slices	Cheez-it Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	July 13 Monday	July 14 Tuesday	July 15 Wednesday	July 16 Thursday	July 17 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mixed Fruit	Pears	Pineapple	Strawberries	Bananas
	Grains (oz eq)	½ serving - ¼ cup or 1/30 z - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1 s or 1 serving - 3/4 cup or 1 oz - ½ cup	Kix Cereal	Rice Krispies Cereal	Multi-Grain Cheerios	Whole Grain French Toast Sticks	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	½ cup	Cucumber Slices	Green Beans	Diced Potatoes with Olive Oil and Oregano HM	Lima Beans	Corn
	Fruit	1/8 cup	¼ cup	¼ cup	Bananas	Watermelon	Peaches	Apple Slices	Sliced Honeydew
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Sliced Turkey	Chicken Salad (diced chicken, light mayo, dill)HM	Chicken Meatballs with Tomato Sauce	Turkey Sausage Patty Melt (turkey sausage, cheddar cheese, English muffin)HM	Diced Chicken and Mild Salsa-HM
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Tortilla	Whole Grain Bread	Whole Grain Slider Roll	Whole Grain English Muffin	Whole Wheat Tortilla
	Add. Food option				Mustard				
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Apple Juice	Milk	White Grape Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Townhouse Crackers	Pretzels (infant/tods-saltines)	Whole Grain Cheddar Goldfish	Wheat Thin Crackers	Triscuit Crackers and Mild Cheddar Cheese Cubes

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	Menu Item	1-2 age	3-5 age	6-12 age	July 20 Monday	July 21 Tuesday	July 22 Wednesday	July 23 Thursday	July 24 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Blueberries	Mixed Fruit	Pineapple	Apple Slices
	Grains (oz eq)	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1 oz - ½ cup	Life Cereal	Cheerios Cereal	Corn Chex Cereal	Kix Cereal	Rice Krispies Cereal
	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	Mixed Vegetables	Green Beans	Sliced Carrots	Beets	Peas
	Fruit	1/8 cup	¼ cup	¼ cup	Peaches	Peaches	Apple slices	Pears	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Egg Salad (diced hard-boiled egg, mustard, mayo, dill)HM	Chicken Salad (diced chicken, mayo, dill)HM	Soy Nut Butter Sandwich and Mozzarella Cheese Sticks	Sliced Turkey	Tuna Salad (tuna, mayo, dill) HM
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Grain Bread	Whole Grain Slider Roll	Whole Wheat Bread	Whole Wheat Tortilla	Whole Wheat Pita
	Add. Food option							Mustard	
Snack	Fluid	½ cup	½ cup	1 cup	White Grape Juice	Milk	Water	Apple Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Animal Crackers	Whole Grain Graham Cracker Goldfish	Saltine Crackers and Cheddar Cheese Cubes	Graham Crackers	Multi-grain Club Crackers and Mild Cheddar Cheese Slices

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	Menu Item	1-2 age	3-5 age	6-12 age	July 27 Monday	July 28 Tuesday	July 29 Wednesday	July 30 Thursday	July 31 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Pears	Mixed Fruit	Blueberries	Apple Slices	Bananas
	Grains (oz eq)	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1oz - ½ cup	Rice Chex Cereal	Cheerios Cereal	Kix Cereal	Whole Wheat Bagels	Corn Flakes Cereal
	Add. Food option							Cream Cheese	
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup	Broccoli	Peas	Yams	Stewed Tomatoes	Salad (lettuce, cabbage carrots)
	Fruit	1/8 cup	¼ cup	¼ cup	Apple Slices	Pineapple	Peaches	Pears	Mandarin Oranges
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Meatballs with Tomato Sauce	Tuna Salad (tuna, mayo, dill)HM	Turkey Burger	Grilled Cheese (whole wheat bread, cheddar cheese) HM	Kidney Beans and Shredded Cheddar Cheese
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Grain Dinner Roll	Whole Wheat Pita	Whole Wheat Hamburger Bun	Whole Wheat Bread	Multi-Grain Club Crackers
	Add. Food option						Ketchup		Ranch Dressing
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Milk	White Grape Juice	Apple Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Grain Bean and Veggie Crackers	Townhouse Crackers and Sliced Cheddar Cheese	Whole Grain Graham Cracker Goldfish	Wheat Thin Crackers	Whole Grain Soft Pretzels