

**Early Learning Center
Month: September 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		September 1 Tuesday	September 2 Wednesday	September 3 Thursday	September 4 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup		Blueberries	Apple Slices	Strawberries	Bananas
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)		Corn Flakes Cereal	Whole Grain Croissants	Rice Krispies Cereal	Corn Chex Cereal
	Add. Food option						Apple Butter		
Lunch	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup		Stewed Tomatoes	Corn	Green Beans	Cucumber Sticks
	Fruit	1/8 cup	¼ cup	¼ cup		Mixed Fruit	Pears	Peaches	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz		Macaroni & Cheese (Whole Grain Macaroni, Cheddar Cheese) HM	Turkey Meatballs w/Turkey Gravy	Sliced Turkey	Tuna Salad (Tuna, mayo, dill) HM
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)		Whole Grain Macaroni	Whole Grain Slider Roll	Whole Wheat Bread	Whole Wheat Pita
	Add. Food option							Mustard	
Snack	Fluid	½ cup	½ cup	1 cup		Orange Juice	Water	White Grape Juice	CLOSING AT 12
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)		Whole Grain Graham Cracker Goldfish	Saltine Crackers and Cheddar Cheese Cubes	Pretzels (inf/tods-soft pretzels)	

Early Learning Center
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	Menu Item	1-2 age	3-5 age	6-12 age	September 7 Monday	September 8 Tuesday	September 9 Wednesday	September 10 Thursday	September 11 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	CLOSED	Applesauce	Pineapple	Peaches	Strawberries
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)		Whole Grain Biscuits	Corn Flakes Cereal	Kix Cereal	Life Cereal
	Add. Food option					Butter			
Lunch	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	½ cup		Diced Tomatoes	Peas	Mixed Vegetables	Salad (lettuce, carrots, cabbage)
	Fruit	1/8 cup	¼ cup	¼ cup		Pears	Mandarin Oranges	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	CLOSED	Grilled Cheese (whole grain bread, cheddar cheese) HM	Egg Salad (diced egg, mayo, mustard, dill) HM	Chicken Meatballs with Tomato Sauce	Chicken Salad (diced chicken, mayo, dill) HM
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)		Whole Grain Bread	Multi-Grain Bread	Whole Grain Dinner Roll	Whole Wheat Tortilla
	Add. Food option								Ranch Dressing
Snack	Fluid	½ cup	½ cup	1 cup		Milk	Apple Juice	Water	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup	CLOSED				
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)		Graham Cracker Goldfish	Animal Crackers	Whole Grain Soft Pretzels and Cheese Cubes	Flat Bread and Soynut Butter

**Early Learning Center
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	Menu Item	1-2 age	3-5 age	6-12 age	September 14 Monday	September 15 Tuesday	September 16 Wednesday	September 17 Thursday	September 18 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Applesauce	Mixed Fruit	Mango	Pears	Bananas
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	Whole Grain Waffle Sticks	Corn Chex Cereal	Life Cereal	Corn Flakes Cereal	Cheerios 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	Diced Potatoes with Olive Oil and Oregano	Carrot Sticks (infants/tods blanched)	Peas	Corn	Salad (inf-peas/ tods-lettuce, ps/sa-lettuce, carrot, cabbage)
	Fruit	1/8 cup	¼ cup	¼ cup	Peaches	Apple Slices	Strawberries	Mandarin Oranges	Pineapple
	Meat/ alternative	1 oz	1 ½ oz	2 oz	BBQ Diced Chicken Diced chicken, bbq sauce, ketchup) HM	Soy Nut Butter Sandwiches and Cheese Sticks	Turkey Sausage Patty Melt (turkey sausage, cheddar cheese, WG English muffin) HM	Chicken Meatballs with Chicken Gravy	Diced Hard-boiled Egg and Shredded Cheddar Cheese
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	Whole Grain Hamburger Bun	Multi-grain Bread	Whole Grain English Muffin	Whole Grain Dinner Roll	Wheat Thin Crackers
	Add. Food option								Low-fat Ranch Dressing
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice	Milk	Orange Juice	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	Whole Grain Graham Cracker Goldfish	Cinnamon Graham Cracker Bites	Pretzels (infants and Tods-whole grain soft pretzels)	Flat Bread and Red Pepper Hummus (red peppers, garbanzo beans, olive oil, lemon juice) HM	Whole Grain Cheddar Goldfish

Early Learning Center
Month: September 2026

	Menu Item	1-2 age	3-5 age	6-12 age	September 21 Monday	September 22 Tuesday	September 23 Wednesday	September 24 Thursday	September 25 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Orange Slices	Mixed Berries	Mandarin Oranges	Apple Slices
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	Rice Krispies Cereal	Kix Cereal	Multi-grain Cheerios Cereal	Rice Chex 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	1/4 cup	½ cup	Yams	Green Beans	Mixed Vegetables	Beets	Lima Beans
	Fruit	1/8 cup	¼ cup	¼ cup	Peaches	Mixed Fruit	Pineapple	Pears	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	BBQ Chicken Breast	English Muffin Pizzas (whole grain English muffin, tomato sauce, mozzarella cheese) HM	Creamy Chicken Casserole (chicken, cream of chicken, whole wheat penne) HM	Beef Patty	Tuna Salad (tuna, mayo, dill) HM
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (½ oz)	1 s or 1 svg. (1 oz)	Whole Grain Slider Roll	Whole Grain English Muffin	Whole Wheat Penne	Whole Grain Hamburger Bun	Whole Wheat Tortilla
	Add. Food option							Ketchup	
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	White Grape Juice	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	Whole Grain Bean and Veggie Crackers	Triscuit Crackers and Sliced Cheddar Cheese	Cheez-it Crackers	Townhouse Crackers and Mild Cheddar Cheese Cubes	Graham Crackers

Early Learning Center
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	Menu Item	1-2 age	3-5 age	6-12 age	September 28 Monday	September 29 Tuesday	September 30 Wednesday		
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Fruit Vegetable	¼ cup	½ cup	½ cup	Strawberries	Mandarin Oranges	Mixed Fruit		
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	Cheerios Cereal	Corn Flakes Cereal	Rice Krispies Cereal		
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Vegetable	1/8 cup	1/4 cup	½ cup	Carrots	Cauliflower	Broccoli		
	Fruit	1/8 cup	¼ cup	¼ cup	Pineapple	Peaches	Pears		
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Sweet and Sour Diced Chicken	Turkey Burger	Teriyaki Chicken Breast		
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (½ oz)	1 s or 1 svg. (1 oz)	Whole Grain Dinner Roll	Whole Grain Hamburger Bun	Whole Grain Slider Roll		
	Add. Food option					Ketchup			
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Water		
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	Animal Crackers	Baked Whole Grain Soft Pretzels and Sliced Cheddar Cheese	Multi-Grain Club Crackers and Hummus (chickpeas, olive oil, garlic, lemon juice) HM		