

Early Learning Center Month: October 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				Thursday October 1	Friday October 2
Breakfast	Milk	½ cup	¾ cup	1 cup				Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup				Mango	Bananas
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)				Life Cereal	Whole Wheat Bagels
	Add. Food option								Cream Cheese
Lunch	Milk	½ cup	¾ cup	1 cup				Milk	Milk
	Vegetable	1/8 cup	1/8 cup	¼ cup				Stewed Tomatoes	Cucumber Slices
	Fruit	1/8 cup	1/8c up	½ cup				Apple Slices	Orange Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz				Grilled Cheese (whole grain bread, cheddar cheese) 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 1 serv (1 oz)				Whole Grain Bread	Whole Wheat Tortilla
	Add. Food option								Mustard
Snack	Fluid	½ cup	½ cup	1 cup				Orange Juice	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)				Whole Grain Graham Cracker Goldfish	Townhouse Crackers and Soy Nut Butter

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday October 5	Tuesday October 6	Wednesday October 7	Thursday October 8	Friday October 9
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Strawberries	Orange Slices	Blueberries	Apple Slices
	Grains (oz eq)	½ serv - ¼ cup or 1/3oz - ¼ cup or 1 oz	-½ s or ½ serv - 1/3 cup or - ¼ cup or 1.5 oz	-1s or 1 serv - 3/4 cup or 1oz - ½ cup or 2 oz	Rice Chex Cereal	Corn Flakes Cereal	Rice Krispies Cereal	Corn Chex Cereal	Whole Grain Croissants
	Add. Food option								Apple Butter
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	¼ cup	Salad (lettuce, carrots, cabbage)	Zucchini	Green Beans	Mixed Vegetables	Carrot Sticks (inf/tods- cooked)
	Fruit	1/8 cup	1/8 cup	½ cup	Peaches	Apple Slices	Mixed Fruit	Pineapple	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Chicken Salad (diced chicken, mayo, dill) HM	Cheese Ravioli with Tomato Sauce and Mozzarella Cheese	BBQ Diced Chicken (diced chicken, BBQ, ketchup) HM	Diced Chicken and Chicken Gravy	Tuna Salad (tuna, mayo, dill) HM
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	Whole Grain Sider Roll	Cheese Ravioli	Whole Wheat Hamburger Bun	Whole Wheat Biscuits	Whole Wheat Bread
	Add. Food option				Ranch Dressing				
Snack	Fluid	½ cup	½ cup	1 cup	Milk	White Grape Juice	Water	Water	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	Whole Grain Bean and Veggie Crackers	Wheat Thin Crackers	Flat Bread and Red Pepper Hummus (garbanzo beans, garlic, olive oil, lemon juice, red peppers) HM	Townhouse Crackers and Cheddar Cheese Slices	Saltine Crackers and Soy Nut Butter

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mixed Fruit	Pineapple	Strawberries	Applesauce	CLOSED
	Grains (oz eq)	½ serv - ¼ cup or 1/3oz - ¼ cup or 1 oz	½ s or ½ serv - 1/3 cup or - ¼ cup or 1.5 oz	-1s or 1 serv - 3/4 cup or 1oz - ½ cup or 2 oz	Cheerios Cereal	Kix Cereal	Life Cereal	Whole Grain French Toast Sticks	
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	
	Vegetable	1/8 cup	1/8 cup	¼ cup	Lima Beans	Carrots	Peas	Broccoli	
	Fruit	1/8 cup	1/8 cup	½ cup	Pears	Apple Slices	Mango	Mandarin Oranges	
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Meatballs with Turkey Gravy	Teriyaki Diced Chicken (diced chicken, teriyaki sauce, broccoli) HM	Chicken Salad (Diced Chicken, light mayo, dill) HM	Scrambled Eggs	CLOSED
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	Flat Bread	Whole Grain Dinner Roll	Whole Wheat Pita	Whole Wheat Bread	
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Apple Juice	Milk	CLOSED
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	Townhouse Crackers and Mozzarella Cheese Sticks	Apple Cinnamon Muffin Squares (HM)	Pretzels- (int/tod Baked Soft Whole Grain Pretzels)	Graham Crackers	

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday October 19	Tuesday October 20	Wednesday October 21	Thursday October 22	Friday October 23
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Apple Slices	Pears	Pineapple	Blueberries	Orange Slices
	Grains (oz eq)	½ serv - ¼ cup or 1/3oz - ¼ cup	½ s or ½ serv - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serv - 3/4 cup or 1oz - ½ cup	Whole Grain Pancakes	Kix Cereal	Rice Krispies Cereal	Cheerios Cereal	Corn Chex Cereal
	Add. Food option				Syrup				
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	¼ cup	Corn	Peas	Carrot Sticks (infants/ tods-cooked)	Broccoli	Sliced Cucumber
	Fruit	1/8 cup	1/8 cup	½ cup	Mixed Fruit	Peaches	Apple Slices	Pears	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Beef Patty	Tuna Noodle Casserole (tuna, whole wheat penne, cream soup) HM	Soy Nut Butter and Mozzarella Cheese Sticks	English Muffin Pizzas (English muffin, tomato sauce, mozzarella cheese) HM	Sliced Turkey
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	Whole Wheat Hamburger Bun	Whole Wheat Penne	Multi-grain Bread	Whole Grain English Muffin	Whole Wheat Bread
	Add. Food option				Ketchup				Mustard
Snack	Fluid	½ cup	½ cup	1 cup	White Grape Juice	Milk	Water	Milk	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	Whole Grain Bean and Veggie Crackers	Cinnamon Graham Cracker Bites	Whole Wheat Pita and Cheddar Cheese Slices	Cheez-its	Townhouse Crackers and Apple Slices

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday October 26	Tuesday October 27	Wednesday October 28	Thursday October 29	Friday October 30
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Pineapple	Mixed Fruit	Mandarin Oranges	Applesauce	Bananas
	Grains (oz eq)	½ serv - ¼ cup or 1/3oz - ¼ cup	½ s or ½ serv - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serv - 3/4 cup or 1oz - ½ cup	Life Cereal	Kix Cereal	Multi-Grain Cheerios	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	1/8 cup	¼ cup	Diced Tomatoes	Yams	Green Beans	Cauliflower	Salad (lettuce, cabbage, carrots)
	Fruit	1/8 cup	1/8 cup	½ cup	Peaches	Pears	Apple Slices	Pineapple	Peaches
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Grilled Cheese (whole wheat bread, cheddar cheese) HM	Diced Chicken and Salsa (Diced chicken, salsa) HM	Tuna Salad (tuna, dill, mayo) HM	Chicken Breast with Teriyaki Sauce	Egg Salad (diced egg, mayo, mustard, dill) HM
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	Whole Wheat Bread	Whole Wheat Tortilla	Whole Wheat Pita Bread	Whole Wheat Hamburger Bun	Multi-grain Bread
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Water	Milk	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	Graham Crackers	Saltines and Cheddar Cheese Cubes	Multi-Grain Club Crackers and Hummus (garbanzo beans, olive oil, lemon juice, garlic) HM	Banana Muffin Squares (HM)	Whole Grain Goldfish Graham Crackers