



# Summer Menu

2026  
Week 1



July 6-10,  
2026

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

| BREAKFAST               |         |                          |                           |                                |                               |                             |
|-------------------------|---------|--------------------------|---------------------------|--------------------------------|-------------------------------|-----------------------------|
|                         | 3-5 yrs | <i>Cereal</i>            | <i>Bagel</i>              | <i>Waffles</i>                 | <i>Cereal</i>                 | <i>Muffins</i>              |
| Milk                    | ¾ cup   | 1% Lowfat Milk*          | 1% Lowfat Milk*           | 1% Lowfat Milk*                | 1% Lowfat Milk*               | 1% Lowfat Milk*             |
| Grains or Meat/Meat Alt | ½ oz eq | WGR Kix Cereal           | Bagel w/ cream cheese     | WGR Waffles                    | WGR Cheerios Cereal           | Blueberry Muffin            |
| Vegetable and/or Fruit  | ½ cup   | Blueberries              | Pineapple                 | Strawberries                   | Banana                        | Cantaloupe                  |
| <i>Substitute</i>       |         |                          |                           |                                |                               |                             |
| LUNCH                   |         |                          |                           |                                |                               |                             |
|                         |         | <i>Quesadilla</i>        | <i>Hamburger</i>          | <i>Pasta w/ Mealballs</i>      | <i>Chicken Salad Sandwich</i> | <i>Grilled Cheese</i>       |
| Milk                    | ¾ cup   | 1% Lowfat Milk*          | 1% Lowfat Milk*           | 1% Lowfat Milk*                | 1% Lowfat Milk*               | 1% Lowfat Milk*             |
| Meat/Meat Alternate     | 1.5 oz  | Black Beans & LF Cheddar | Hamburger                 | Meatballs                      | Chicken Salad                 | LF Cheese                   |
| Grain/Bread             | ½ oz eq | WGR Tortilla             | WW Bun                    | WGR Spaghetti                  | Hero Bread                    | French Bread                |
| Vegetable               | ¼ cup   | Tomato Salsa             | Sweet Potao Fries         | Green beans                    | Mixed Greens & Cucumber Salad | Tomato Slices               |
| Vegetable or Fruit      | ¼ cup   | Mango                    | Watermelon                | Honeydew melon                 | Mandarin                      | Mixed Fruit Cup             |
| <i>Substitute</i>       |         |                          |                           |                                |                               |                             |
| SNACK                   |         |                          |                           |                                |                               |                             |
|                         |         | <i>Muffin &amp; Milk</i> | <i>Yogurt &amp; Fruit</i> | <i>Veggies &amp; Dip</i>       | <i>Pretzels &amp; Fruit</i>   | <i>Crackers &amp; Juice</i> |
| Milk                    | ½ cup   | 1% Milk                  |                           |                                |                               |                             |
| Meat/Meat Alt           | ½ oz    |                          | LF Yogurt                 |                                |                               |                             |
| Grain/Bread             | ½ oz eq | WGR Corn Muffin          |                           | Wheat Thins                    | WGR Pretzels                  | Graham Crackers             |
| Vegetable               | ½ cup   |                          |                           | Cucumber Slices w LF Ranch Dip |                               |                             |
| Fruit                   | ½ cup   |                          | Peaches                   |                                | Tropical Fruit Cup            | 100% Apple Juice            |
| <i>Substitute</i>       |         |                          |                           |                                |                               |                             |

WGR-Whole Grain WW- Whole Wheat

Unflavored 1% Milk is served to children ages 2 and older.

Milk alternatives: Soy milk, Lactaid

Water is served at all meal times & available throughout the school day.

Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.

**Substitutions may happen**