



Menu for the Week of September 14-18, 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	3-5 yrs	Cereal	English Muffin	Pancakes	Croissant	Cereal
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	Corn Chex	WW English Muffin w/ LF Cream Cheese	WGR Pancakes	Croissant w/ Fruit Preserve	WG Life Cereal
Vegetable and/or Fruit	½ cup	Banana	Pear Slices	Unsweetened Applesauce	Peaches	Blueberries
Substitute						
LUNCH		Mac n Cheese	Chicken	Cold Pasta Salad	Rice & Beans	Egg Salad Sandwich
Milk	¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate	1.5 oz	LF Cheddar Cheese	Baked Chicken	LF Mozzarella Cheese	Black Beans	Egg Salad
Grain/Bread	½ oz eq	WGR Elbow Macaroni	Corn bread	WG Rotini	WGR Brown Rice	WW Pita
Vegetable	¼ cup	Green peas and carrots	Steamed broccoli	Tomatoes and Peppers	Corn on the Cob	Lettuce and Tomato
Vegetable or Fruit	¼ cup	Watermelon	Mandarin	Watermelon	Plantains	Fruit Cup
Substitute		Beans & Macaroni		Chickpeas & Rotini		
SNACK		Cheese & Fruit	Crackers & Fruit	Yogurt Parfait	Sunbutter	Goldfish & Fruit
Milk	½ cup					
Meat/Meat Alt	½ oz	LF Cheese Cubes		LF Yogurt	Sunbutter cup	
Grain/Bread	½ oz eq		WGR Animal Crackers	Crushed Graham Cracker	Rice Cake	WGR Goldfish
Vegetable	½ cup					
Fruit	½ cup	Apple Slices	100% Apple Juice	Berries		Pineapple
Substitute		WGR Crackers		No Yogurtt		WGR pretzels

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