



Fall Menu

2026
Week 1



October 19-23, 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	3-5 yrs	Cold Cereal	Hot Cereal	Eggs	Toast	Pancakes
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 Cheerios Cereal	WGR Oatmeal	Eggs Any Style	WW Toast	WG Pancakes
Vegetable and/or Fruit	½ cup	Banana	Blueberries	Tater Tots	Sliced Cucumbers	Unsweetened Applesauce
Substitute					Extra; LF cream cheese	
LUNCH		Black Beans & Rice	BBQ Chicken	Turkey Burger	 Beef Lo Mein	Grilled Cheese
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 (3/8 C)	BBQ Chicken	Turkey Burger	Lean Beef Strips	LF Cheese
Grain/Bread	½ oz eq	WGR Brown Rice	WGR Cornbread	WW Bun	WGR Spaghetti	WGR Bread
Vegetable	¼ cup	Plantains	Mixed Green Salad (1/2 C)	French Fries	Roasted Broccoli	Spinach Salad (1/2 C)
Vegetable or Fruit	¼ cup	Apple Slices	Sliced Apricots	Kiwi	Orange Wedges	Diced Pineapple
Substitute			Veg: Red beans	Veg: Veggie Burger	Veg: Chickpeas	
SNACK		Yogurt Parfait	Cheese & Fruit	Rice Cake & Fruit	Veggies & Dip	Muffins
Milk	½ cup					1% Lowfat Milk
Meat/Meat Alt	½ oz	LF Yogurt	LF String Cheese		Hummus	
Grain/Bread	½ oz eq			WGR Brown Rice Cake		Blueberry Muffin
Vegetable	½ cup				Thin Carrot Sticks	
Fruit	½ cup	Pear slices	Diced Pineapples	Tropical Fruit Mix		
Substitute		Extra: Crushed Graham Cracker				

WGR-Whole Grain WW- Whole LF-Low Fat LS-Low Sodium

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