

CENTER-BASED NUTRITION PROGRAM MENU

SUMMER # 1 – PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cereal & Milk	Bagel Breakfast	Yogurt Parfait	Sausage & Pancakes	Cereal & Milk
	Grain or meat/meat alternate 1/2 oz. eqv.	Rice Cereal (or other dry cereal)	WG Bagel with Cream Cheese	Yogurt	Turkey Sausage with WG Mini Pancakes	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Apple Slices (or other seasonal fruit)	Cantaloupe (or other seasonal fruit)	Strawberries (or other seasonal fruit)	Peaches (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH/DINNER		Meatless Monday	Turkey Sandwich	Taquitos w/ Avocado	Mini Corndogs & Fries	Chicken Wrap
	Meat/meat alternate 1 ½ oz. eqv.	Bean & Cheese Tostada	Sliced Turkey	Chicken Taquitos	WG Chicken Mini Corndogs	Chicken Tenders
	Vegetable 1/4 cup	Corn	Lettuce and Tomato	Cucumber	French Fries	Cabbage & Carrot Salad
	Fruit 1/4 cup	Orange (or other seasonal fruit)	Peaches (or other seasonal fruit)	Nectarines (or other seasonal fruit)	Apricot (or other seasonal fruit)	Kiwi (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Tostada	WG Bread	WG Tortilla	WG Corndog Wrap	WG Tortilla
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK	Meat/meat alternate 1/2 oz. eqv.		Cheese Cubes		String Cheese	
	Vegetable 1/2 cup		Celery Sticks			
	Fruit 1/2 cup	Pears (or other seasonal fruit)		Grape Juice (or other fruit juice)		
	Grain 1/2 oz. eqv.	WG Crackers		WG Sun Chips	WG Crackers	WG Animal Crackers
	Milk 1/2 cup					1% Non-Flavored Milk

This institution is an equal opportunity provider.

Rev. 06/01/26

CENTER-BASED NUTRITION PROGRAM MENU

SUMMER # 2 - PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cereal and Milk	English Muffin & Fruit	Bagel Breakfast	Sausage & Hashbrowns	Cereal & Milk
	Grain or meat/meat alternate 1/2 oz. eqv.	Corn Cereal (or other dry cereal)	1/2 WG English Muffin	WG Bagel with Cream Cheese	Turkey Sausage	Oat Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Peaches (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Pears (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Plum (or other seasonal fruit)
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH/DINNER		Meatless Monday	Teriyaki Chicken	Beef Lasagna	Chicken Tostada	Chicken & Waffles
	Meat/meat alternate 1 ½ oz. eqv.	Quesadilla w/ Shredded Cheese	Diced Chicken	Ground Beef & Shredded Cheese	Shredded Chicken	Chicken Nuggets
	Vegetable 1/4 cup	Corn	Broccoli	Tomato Sauce	Lettuce and Tomato	Carrot Sticks
	Fruit 1/4 cup	Pineapple (or other seasonal fruit)	Pears (or other seasonal fruit)	Apples (or other seasonal fruit)	Orange (or other seasonal fruit)	Green Apples (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Flour Tortilla	Rice	WG Bread	WG Tostada	WG Waffles
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK	Meat/meat alternate 1/2 oz. eqv.				Yogurt	
	Vegetable 1/2 cup			Jicama Salad		
	Fruit 1/2 cup	Apples (or other seasonal fruit)	Watermelon (or other seasonal fruit)	with Orange & Pineapple (or other seasonal fruit)	Bananas (or other seasonal fruit)	
	Grain 1/2 oz. eqv.	WG Sun Chips	Pretzels			WG Banana Muffin (or other muffin)
	Milk 1/2 cup					1% Non-Flavored Milk

This institution is an equal opportunity provider.

Rev. 06/01/26

CENTER-BASED NUTRITION PROGRAM MENU

SUMMER # 3 – PRESCHOOL (3–5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cereal and Milk	English Muffin	Muffin & Fruit	Yogurt Parfait	Cereal and Milk
	Grain or meat/meat alternate 1/2 oz. eqv.	Oat Cereal (or other dry cereal)	1/2 WG English Muffin	WG Bran Muffin (or other muffin)	Yogurt	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Mixed Fruit (or other seasonal fruit)	Pear (or other seasonal fruit)	Mandarin Orange (or other seasonal fruit)	Strawberries (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH/DINNER		Burritos	BBQ Beef Sandwich	Chicken Tacos	Breakfast for Lunch	Mini Corndogs
	Meat/meat alternate 1 ½ oz. eqv.	Bean & Cheese Burrito	BBQ Beef Ribs	Diced Chicken	Turkey Sausage	WG Chicken Mini Corndogs
	Vegetable 1/4 cup	Celery Sticks	Green Beans	Lettuce and Tomato	Hashbrowns	Corn
	Fruit 1/4 cup	Oranges (or other seasonal fruit)	Peaches (or other seasonal fruit)	Kiwi (or other seasonal fruit)	Honeydew Melon (or other seasonal fruit)	Plum (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Tortilla	WG Bread	WG Taco Shell	WG Pancakes	WG Corndog Wrap
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK	Meat/meat alternate 1/2 oz. eqv.			String Cheese		Turkey Slices
	Vegetable 1/2 cup					
	Fruit 1/2 cup	Plum (or other seasonal fruit)	Bananas (or other seasonal fruit)	Pears (or other seasonal fruit)	Apple Juice (or other fruit juice)	
	Grain 1/2 oz. eqv.	WG Crackers	WG Graham Crackers		WG Crackers	WG Tortilla
	Milk 1/2 cup					

This institution is an equal opportunity provider.

Rev. 06/01/26

CENTER-BASED NUTRITION PROGRAM MENU

SUMMER # 4 - PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cereal and Milk	Waffles & Sausage	Muffin & Fruit	Avocado Toast	Cereal and Milk
	Grain or meat/meat alternate 1/2 oz. eqv.	Corn Cereal (or other dry cereal)	WG Waffles & Turkey Sausage	WG Bran Muffin (or other muffin)	WG Toast with Avocado	Rice Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Orange (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Banana (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH/DINNER		Meatless Monday	BYO Lunchable	Roast Beef Sandwich	Chicken Sandwich	Friday Nuggets
	Meat/meat alternate 1 ½ oz. eqv.	WG Cheese Pizza	Turkey and Cheese Slices	Roast Beef	Chicken Patty	Chicken Nuggets
	Vegetable 1/4 cup	Carrot Sticks	Cucumber	Sweet Potato Fries	Shredded Lettuce and Tomato	Celery Sticks
	Fruit 1/4 cup	Mixed Fruit (or other seasonal fruit)	Pear (or other seasonal fruit)	Strawberries (or other seasonal fruit)	Peach (or other seasonal fruit)	Apples (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Pizza Crust	WG Crackers	WG Bread	WG Bun	WG Bread
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK	Meat/meat alternate 1/2 oz. eqv.			String Cheese		
	Vegetable 1/2 cup					
	Fruit 1/2 cup	Apples (or other seasonal fruit)	Watermelon (or other seasonal fruit)	Fuji Apple Slices (or other seasonal fruit)	Grape Juice (or other fruit juice)	
	Grain 1/2 oz. eqv.	WG Crackers	Pretzels		WG Cheese Crackers	WG Blueberry Muffin (or other muffin)
	Milk 1/2 cup					1% Non-Flavored Milk

This institution is an equal opportunity provider.

Rev. 06/01/26