

CENTER-BASED NUTRITION PROGRAM MENU

SUMMER # 1 – TODDLER (1-2 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Bagel Breakfast	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 Mini Pancakes	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/4 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 1/2 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	Nuggets & Fries	Chicken Wrap
	Meat/meat alternate 1 oz. eqv.	Bean & Cheese Tostada	Sliced Turkey	Chicken Taquitos	WG Chicken Nuggets	Chicken Tenders
	Vegetable 1/8 cup	Corn	Lettuce and Tomato	Cucumber	French Fries	Cabbage & Carrot Salad
	Fruit 1/8 cup	Mandarin Oranges (or other seasonal fruit)	Peaches (or other seasonal fruit)	Nectarines (or other seasonal fruit)	Apricots (or other seasonal fruit)	Kiwi (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Tostada	WG Bread	WG Tortilla	WG Bread	WG Tortilla
	Milk 1/2 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		Shredded Carrots			
	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

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CENTER-BASED NUTRITION PROGRAM MENU

SUMMER # 2 – TODDLER (1-2 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	Bagel with Cream Cheese	Turkey Sausage	Oat Cereal (or other dry cereal)
	Fruit/vegetable 1/4 cup	Peaches (or other seasonal fruit)	Pineapple (or other seasonal fruit)	Pears (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Plums (or seasonal fruit)
	Milk 1/2 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 oz. eqv.	Quesadilla w/ Shredded Cheese	Diced Chicken	Ground Beef & Shredded Cheese	Shredded Chicken	Chicken Nuggets
	Vegetable 1/8 cup	Corn	Broccoli	Tomato Sauce	Lettuce and Tomato	Shredded Carrots
	Fruit 1/8 cup	Pineapple (or other seasonal fruit)	Pears (or other seasonal fruit)	Apples (or other seasonal fruit)	Mandarin Oranges (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 1/2 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 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

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SUMMER # 3 – TODDLER (1-2 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 1/4 cup	Peaches (or other seasonal fruit)	Pear (or other seasonal fruit)	Mandarin Oranges (or other seasonal fruit)	Strawberries (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1/2 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 oz. eqv.	Bean & Cheese Burrito	BBQ Beef Ribs	Diced Chicken	Turkey Sausage	WG Chicken Mini Corndogs
	Vegetable 1/8 cup	Shredded Carrots	Green Beans	Lettuce & Tomato	Hashbrowns (or seasonal fruit)	Corn
	Fruit 1/8 cup	Mandarin 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 1/2 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	Graham Crackers		WG Crackers	WG Tortilla
	Milk 1/2 cup					

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SUMMER # 4 - TODDLER (1-2 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 1/4 cup	Mandarin Oranges (or other seasonal fruit)	Hashbrowns	Banana (or other seasonal fruit)	Pears (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1/2 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 oz. eqv.	WG Cheese Pizza	Turkey and Cheese Slices	Roast Beef	Chicken Patty	Chicken Nuggets
	Vegetable 1/8 cup	Shredded Carrots	Cucumber	Sweet Potato Fries	Shredded Lettuce and Tomato	Shredded Carrots
	Fruit 1/8 cup	Pineapple (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 1/2 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 fruit juice)	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

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