

|                       |            |       |          |          |           | MONDAY             | TUESDAY              | WEDNESDAY           | THURSDAY               | FRIDAY              | SATURDAY            |
|-----------------------|------------|-------|----------|----------|-----------|--------------------|----------------------|---------------------|------------------------|---------------------|---------------------|
|                       |            |       |          |          |           |                    |                      |                     | 1/1/2026               | 1/2/2026            | 1/3/2026            |
| Breakfast             | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           |                    |                      |                     |                        | Cereal              | Muffins             |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      |                    |                      |                     |                        | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      |                    |                      |                     |                        | WG Cereal           | WG Flour            |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     |                    |                      |                     |                        |                     |                     |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   |                    |                      |                     |                        |                     |                     |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   |                    |                      |                     |                        | Fruit               | Fruit               |
| Lunch                 | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           |                    |                      |                     |                        | Chef Salad          | Tuna Pasta Salad    |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      |                    |                      |                     |                        | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      |                    |                      |                     |                        | WG Croutons         | WG Pasta            |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     |                    |                      |                     |                        | Chicken             | Tuna                |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   |                    |                      |                     |                        | Garden Veg          | Mixed Vegetables    |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   |                    |                      |                     |                        | Fruit               | Fruit               |
| Dinner                | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           |                    |                      |                     |                        | Tuna Pasta Salad    |                     |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      |                    |                      |                     |                        | 1% or Whole Milk    |                     |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      |                    |                      |                     |                        | WG Pasta            |                     |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     |                    |                      |                     |                        | Tuna                |                     |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   |                    |                      |                     |                        | Mixed Vegetables    |                     |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   |                    |                      |                     |                        | Fruit               |                     |
| Snack                 | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           |                    |                      |                     |                        | Apple Bars          | Chocolate Dip       |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      |                    |                      |                     |                        | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      |                    |                      |                     |                        | WG Oats             |                     |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     |                    |                      |                     |                        |                     | Chicpeas            |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   |                    |                      |                     |                        |                     |                     |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   |                    |                      |                     |                        | Fruit               | Graham Crackers     |
|                       |            |       |          |          |           | MONDAY             | TUESDAY              | WEDNESDAY           | THURSDAY               | FRIDAY              | SATURDAY            |
|                       |            |       |          |          |           | 1/5/2026           | 1/6/2026             | 1/7/2026            | 1/8/2026               | 1/9/2026            | 1/10/2026           |
| Breakfast             | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           | Oatmeal            | Parfait              | Cereal              | Fruit Cobbler          | Coffee Cake         | Cereal              |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      | 1% or Whole Milk   | 1% or Whole Milk     | 1% or Whole Milk    | 1% or Whole Milk       | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      | WG Oats            | WG Oats              | WG Cereal           | WG Flour               | WG Flour            | WG Cereal           |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     |                    | Yogurt               |                     |                        |                     |                     |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   |                    |                      |                     |                        |                     |                     |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   | Fruit              | Fruit                | Fruit               | Fruit                  | Fruit               | Fruit               |
| Lunch                 | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           | Lasagna            | Arroz Con Pollo      | Chili Mac           | Turkey Sammies         | Big Mac Salad       | Pesto Chicken Wraps |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      | 1% or Whole Milk   | 1% or Whole Milk     | 1% or Whole Milk    | 1% or Whole Milk       | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      | WG Pasta           | WG Rice              | WG Pasta            | WG Bread               | WG Croutons         | WG Tortillas        |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     | Beef               | Chicken              | Beef                | Turkey                 | Beef                | Chicken             |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   | Chef Salad         | Mixed Vegetables     | Mixed Vegetables    | Mixed Vegetables       | Chef Salad          | Mixed Vegetables    |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   | Fruit              | Apples               | Fruit               | Fruit                  | Fruit               | Fruit               |
| Dinner                | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           | Cheesy Potato Bake | Taco Pie             | Chicken Chukani     | Baked Ziti             | Pesto Chicken Wraps |                     |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      | 1% or Whole Milk   | 1% or Whole Milk     | 1% or Whole Milk    | 1% or Whole Milk       | 1% or Whole Milk    |                     |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      | WG Rice            | WG Tortillas Chips   | Pita Bread          | WG Pasta               | WG Tortillas        |                     |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     | Chicken            | Beef                 | Chicken             | Beef                   | Chicken             |                     |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   | Mixed Vegetables   | Mixed Vegetables     | Mixed Vegetables    | Mixed Vegetables       | Mixed Vegetables    |                     |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   | Fruit              | Apples               | Fruit               | Fruit                  | Fruit               |                     |
| Snack                 | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           | Hummus             | Grandma Cookies      | Buffalo Chicken Dip | Grain Bars             | Fruit & Yogurt      | Cucumber Salad      |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      | 1% or Whole Milk   | 1% or Whole Milk     | 1% or Whole Milk    | 1% or Whole Milk       | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      | WG Pita            | WG Flour/ Oats       | WG Chips            | WG Oats                |                     |                     |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     | Chickpea           |                      | Chicken             |                        | Yogurt              | Cheese              |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   |                    |                      |                     |                        |                     | Cucumber,Toms,Onion |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   |                    | Fruit                |                     | Fruit                  | Fruit               |                     |
|                       |            |       |          |          |           | MONDAY             | TUESDAY              | WEDNESDAY           | THURSDAY               | FRIDAY              | SATURDAY            |
|                       |            |       |          |          |           | 1/12/2026          | 1/13/2026            | 1/14/2026           | 1/15/2026              | 1/16/2026           | 1/17/2026           |
| Breakfast             | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           | Bread Pudding      | Cereal               | Oatmeal             | Fruit & Yogurt Parfait | Cereal              | Crumb Cakes         |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      | 1% or Whole Milk   | 1% or Whole Milk     | 1% or Whole Milk    | 1% or Whole Milk       | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      | WG Flour           | WG Cereal            | WG Oats             | WG Granola             | WG Cereal           | WG Flour            |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     |                    |                      |                     | Yogurt                 |                     |                     |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   |                    |                      |                     |                        |                     |                     |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   | Fruit              | Fruit                | Fruit               | Fruit                  | Fruit               | Fruit               |
| Lunch                 | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           | Crispy Chicken Mac | Mexican Rice         | Chicken Alfredo     | Mediterranean Stirfry  | BBQ Baked Chicken   | Chef Salad          |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      | 1% or Whole Milk   | 1% or Whole Milk     | 1% or Whole Milk    | 1% or Whole Milk       | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      | WG Rolls           | WG Rice              | WG Pasta            | WG Pita                | WG Rolls            | WG Croutons         |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     | Chicken            | Beef                 | Chicken             | Beef                   | Chicken             | Chicken             |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   | Mixed Vegetables   | Mixed Vegetables     | Mixed Vegetables    | Mixed Vegetables       | Mixed Vegetables    | Chef Salad          |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   | Apples             | Fruit                | Fruit               | Fruit                  | Apples              | Fruit               |
| Dinner                | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           | Spaghetti          | Chicken Fajita Pasta | Sloppy Joe          | Curry Chicken          | Chef Salad          |                     |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      | 1% or Whole Milk   | 1% or Whole Milk     | 1% or Whole Milk    | 1% or Whole Milk       | 1% or Whole Milk    |                     |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      | WG Pasta           | WG Pasta             | WG Buns             | WG Rice                | WG Croutons         |                     |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     | Beef               | Chicken              | Beef                | Chicken                | Chicken             |                     |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   | Mixed Vegetables   | Mixed Vegetables     | Mixed Vegetables    | Mixed Vegetables       | Chef Salad          |                     |
| Vegetable or Fruit    | 1/4 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/4 cup   | Fruit              | Fruit                | Fruit               | Fruit                  | Apples              |                     |
| Snack                 | Ages 13-18 | Adult | Ages 1-2 | Ages 3-5 | Ages 6-12 |                    |                      |                     |                        |                     |                     |
| Components            |            |       |          |          |           | Fruit Bars         | Chocolate Dip        | Chicken Pasta Salad | Party Mix              | Tomato Soup         | Guacamole & Salsa   |
| Fluid Milk*           | 8 oz       | 8 oz  | 4 oz     | 6 oz     | 8 oz      | 1% or Whole Milk   | 1% or Whole Milk     | 1% or Whole Milk    | 1% or Whole Milk       | 1% or Whole Milk    | 1% or Whole Milk    |
| Grain/Bread Alternate | 1 oz       | 2oz   | 1/2 oz   | 1/2 oz   | 1 oz      | WG Flour           |                      | WG Pasta            |                        | WG Toast            | WG Chips            |
| Meat/Meat Alternate   | 2oz        | 2oz   | 1oz**    | 1.5oz**  | 2oz**     |                    | Chickpeas            | Chicken             | Eggpuffs               |                     |                     |
| Vegetable             | 1/2 C      | 1/2 C | 1/8 cup  | 1/4 cup  | 1/2 cup   |                    |                      |                     |                        |                     | Avocado             |
| Vegetable or Fruit    | 1/4 C      |       |          |          |           |                    |                      |                     |                        |                     |                     |