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FOR SOCIAL RESPONSIBILITY

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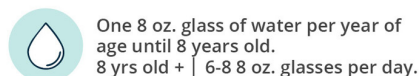
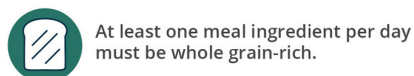
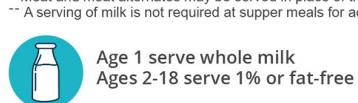
## Menu for Week 1 – July 6–10, 2026 – ELC, EHS and Head Start

**Classroom Closures: HS Classrooms closed on Friday**

| MEAL      | COMPONENT               | AGES 1-2  | AGES 3-5  | MONDAY               | TUESDAY              | WEDNESDAY               | THURSDAY             | FRIDAY                    |
|-----------|-------------------------|-----------|-----------|----------------------|----------------------|-------------------------|----------------------|---------------------------|
| BREAKFAST | Milk                    | 1/2 cup   | 3/4 cup   | Milk/Milk Substitute | Milk/Milk Substitute | Milk/Milk Substitute    | Milk/Milk Substitute | Milk/Milk Substitute      |
|           | Fruit/Vegetable         | 1/4 cup   | 1/2 cup   | Fruit Cocktail       | Bananas              | Peaches                 | Applesauce           | Bananas                   |
|           | Grain/Meat <sup>+</sup> | 1/2 oz eq | 1/2 oz eq | Corn Muffin          | WG Rice Chex         | Yogurt/ Graham Crackers | WG Waffles           | WG English Muffin w/jelly |
| LUNCH     | Milk                    | 1/2 cup   | 3/4 cup   | Milk/Milk Substitute | Milk/Milk Substitute | Milk/Milk Substitute    | Milk/Milk Substitute | Milk/Milk Substitute      |
|           | Vegetable               | 1/8 cup   | 1/4 cup   | Green Beans          | Salad                | Tater Tots              | Broccoli             | Cucumber                  |
|           | Fruit*                  | 1/8 cup   | 1/4 cup   | Watermelon           | Applesauce           | Mandarin Oranges        | Tropical Fruit       | Pears                     |
|           | Grain                   | 1/2 oz eq | 1/2 oz eq | WG Dinner Roll       | Mac and Cheese       | WG Dinner Roll          | WG Fettuccine        | Club Crackers             |
|           | Meat/Meat Alternate     | 1 oz      | 1 1/2 oz  | Chicken Nuggets      | Mac and Cheese       | Chicken Tenders         | Chicken Alfredo      | Turkey/Cheese             |
| SNACK     | Milk                    | 1/2 cup   | 1/2 cup   | Water                | Milk/Milk Substitute | Milk/Milk Substitute    | Milk/Milk Substitute |                           |
|           | Fruit                   | 1/2 cup   | 1/2 cup   | Applesauce           |                      |                         |                      | 100% Apple Juice          |
|           | Vegetable               | 1/2 cup   | 1/2 cup   |                      |                      |                         | Carrots & Dip        |                           |
|           | Grain                   | 1/2 oz eq | 1/2 oz eq | WG Cheez-It          | Strawberry Chex Mix  | WG Tiger Bites          |                      | WG Sunchips               |
|           | Meat/Meat Alternate     | 1/2 oz    | 1/2 oz    |                      |                      |                         |                      |                           |

<sup>+</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. \* The fruit component at lunch may be substituted by an additional vegetable.

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## Menu for Week 1 – July 6–10, 2026– ELC/EHS Infants

| MEAL      | COMPONENT                                                                        | 0-5 MOS.  | 6-11 MOS.   | MONDAY                     | TUESDAY                  | WEDNESDAY                      | THURSDAY                      | FRIDAY                  |
|-----------|----------------------------------------------------------------------------------|-----------|-------------|----------------------------|--------------------------|--------------------------------|-------------------------------|-------------------------|
| BREAKFAST | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 6-8 fl oz   | Breastmilk or Formula      | Breastmilk or Formula    | Breastmilk or Formula          | Breastmilk or Formula         | Breastmilk or Formula   |
|           | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x         | 0-4 tbsp    | Infant Cereal/ Corn Muffin | Infant Cereal/ Kix       |                                | Infant Cereal/ Krispy Rice    | Infant Cereal/ Cheerios |
|           | Cheese                                                                           | x         | 0-2 oz      |                            |                          |                                |                               |                         |
|           | Cottage Cheese/Yogurt/ Combination                                               | x         | 0-4 oz      |                            |                          | Yogurt/ Graham Crackers        |                               |                         |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Fruit Cocktail             | Bananas                  | Peaches                        | Applesauce                    | Bananas                 |
| LUNCH     | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 6-8 fl oz   | Breastmilk or Formula      | Breastmilk or Formula    | Breastmilk or Formula          | Breastmilk or Formula         | Breastmilk or Formula   |
|           | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x         | 0-4 tbsp    | Chicken Nuggets - Cut Up   | Mac and Cheese           | Finely Chopped Chicken Tenders | WG Fettuccine Chicken Alfredo | Finely Chopped Turkey   |
|           | Cheese                                                                           | x         | 0-2 oz      |                            |                          |                                |                               |                         |
|           | Cottage Cheese/Yogurt/ Combination                                               | x         | 0-4 oz      |                            |                          |                                |                               |                         |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Green Beans Watermelon     | Mixed Veggies Applesauce | Tater Tots Mandarin Oranges    | Broccoli Tropical Fruit       | Cooked Carrots Pears    |
| SNACK     | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 2-4 fl oz   | Breastmilk or Formula      | Breastmilk or Formula    | Breastmilk or Formula          | Breastmilk or Formula         | Breastmilk or Formula   |
|           | Bread                                                                            | x         | 0-1/2 slice |                            | 9 Grain Bread            |                                | Blueberry muffin              |                         |
|           | Cracker                                                                          | x         | 0-2         | Ritz Crackers              |                          |                                |                               | WG Goldfish             |
|           | Infant or RTE Cereal                                                             | x         | 0-4 tbsp    |                            |                          | WG Cheerios                    |                               |                         |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Applesauce                 | Tropical Fruit           | Fruit Cocktail                 | Bananas                       | Peaches                 |



One 8 oz. glass of water per year of age until 8 years old.





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## Menu for Week 2 – July 13–17, 2026 – ELC, EHS and Head Start

**Classroom Closures: HS Classrooms closed on Friday**

| MEAL      | COMPONENT               | AGES 1-2  | AGES 3-5  | MONDAY                | TUESDAY                    | WEDNESDAY            | THURSDAY                   | FRIDAY               |
|-----------|-------------------------|-----------|-----------|-----------------------|----------------------------|----------------------|----------------------------|----------------------|
| BREAKFAST | Milk                    | 1/2 cup   | 3/4 cup   | Milk /Milk Substitute | Milk/Milk Substitute       | Milk/Milk Substitute | Milk/Milk Substitute       | Milk/Milk Substitute |
|           | Fruit/Vegetable         | 1/4 cup   | 1/2 cup   | Tropical Fruit        | Pears                      | Fruit Cocktail       | Tropical Fruit             | Applesauce           |
|           | Grain/Meat <sup>+</sup> | 1/2 oz eq | 1/2 oz eq | WG Rice Chex          | Yogurt w/ graham crackers  | WG Waffles           | WG Corn Flakes             | WG Pancakes          |
| LUNCH     | Milk                    | 1/2 cup   | 3/4 cup   | Milk/Milk Substitute  | Milk/Milk Substitute       | Milk/Milk Substitute | Milk/Milk Substitute       | Milk/Milk Substitute |
|           | Vegetable               | 1/8 cup   | 1/4 cup   | Corn                  | Green Beans                | California Blend     | Cucumbers                  | Carrots & Dip        |
|           | Fruit*                  | 1/8 cup   | 1/4 cup   | Watermelon            | Peaches                    | Apple Slices         | Mandarin Oranges           | Pears                |
|           | Grain                   | 1/2 oz eq | 1/2 oz eq | WG Hot Dog Bun        | WG Spaghetti               | Hamburger Bun        | Rigatoni Pasta             | W9 Grain Bread       |
|           | Meat/Meat Alternate     | 1 oz      | 1 1/2 oz  | Hot Dogs              | Meatballs/ Spaghetti Sauce | Cheeseburger         | Baked Ziti w/ extra cheese | Sliced Turkey        |
| SNACK     | Milk                    | 1/2 cup   | 1/2 cup   | Milk/Milk Substitute  | Water                      | Milk/Milk Substitute | Milk                       | 100% Apple Juice     |
|           | Fruit                   | 1/2 cup   | 1/2 cup   |                       |                            |                      |                            |                      |
|           | Vegetable               | 1/2 cup   | 1/2 cup   |                       |                            |                      |                            | Salsa                |
|           | Grain                   | 1/2 oz eq | 1/2 oz eq | WG Bug Bites          | WG Wheat Thins             | Ritz Crackers        | WG Graham Crackers         | WG Tortilla Chips    |
|           | Meat/Meat Alternate     | 1/2 oz    | 1/2 oz    |                       | Cheese Stick               |                      |                            |                      |

<sup>+</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. \* The fruit component at lunch may be substituted by an additional vegetable.

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<sup>\*\*</sup> A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day must be whole grain-rich.



One 8 oz. glass of water per year of age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



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## Menu for Week 2 – July 13–17, 2026 – ELC/EHS Infants

| MEAL      | COMPONENT                                                                        | 0-5 MOS.  | 6-11 MOS.   | MONDAY                      | TUESDAY                                 | WEDNESDAY                     | THURSDAY                     | FRIDAY                |
|-----------|----------------------------------------------------------------------------------|-----------|-------------|-----------------------------|-----------------------------------------|-------------------------------|------------------------------|-----------------------|
| BREAKFAST | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 6-8 fl oz   | Breastmilk or Formula       | Breastmilk or Formula                   | Breastmilk or Formula         | Breastmilk or Formula        | Breastmilk or Formula |
|           | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x         | 0-4 tbsp    | Infant Cereal / Krispy Rice |                                         | Infant Cereal/ WG Cheerios    | Infant Cereal/ WG Kix        | WG Pancakes           |
|           | Cheese                                                                           | x         | 0-2 oz      |                             |                                         |                               |                              |                       |
|           | Cottage Cheese/Yogurt/ Combination                                               | x         | 0-4 oz      |                             | Yogurt W/ graham crackers               |                               |                              |                       |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Tropical Fruit              | Pears                                   | Fruit Cocktail                | Tropical Fruit               | Applesauce            |
| LUNCH     | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 6-8 fl oz   | Breastmilk or Formula       | Breastmilk or Formula                   | Breastmilk or Formula         | Breastmilk or Formula        | Breastmilk or Formula |
|           | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x         | 0-4 tbsp    | Finely Chopped Turkey       | WG Spaghetti Meatballs / Marinara Sauce | Cheeseburger chipped finely   |                              | Finely Chopped Turkey |
|           | Cheese                                                                           | x         | 0-2 oz      |                             |                                         |                               | Baked Ziti w/ extra cheese   |                       |
|           | Cottage Cheese/Yogurt/ Combination                                               | x         | 0-4 oz      |                             |                                         |                               |                              |                       |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Corn Watermelon             | Green Beans Peaches                     | California Blend Baked Apples | Peas Mandarin Oranges        | Mixed Veggies Pears   |
| SNACK     | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 2-4 fl oz   | Breastmilk or Formula       | Breastmilk or Formula                   | Breastmilk or Formula         | Breastmilk or Formula        | Breastmilk or Formula |
|           | Bread                                                                            | x         | 0-1/2 slice |                             |                                         |                               |                              | Banana Bread          |
|           | Cracker                                                                          | x         | 0-2         | Club Crackers               | WG Goldfish                             | Ritz Crackers                 | Yogurt w/ WG Graham Crackers |                       |
|           | Infant or RTE Cereal                                                             | x         | 0-4 tbsp    |                             |                                         |                               |                              |                       |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Peaches                     | Fruit Cocktail                          | Bananas                       | Peaches                      | Pineapple             |



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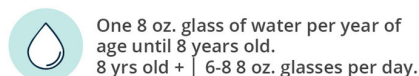
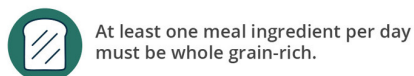
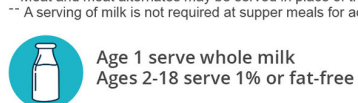
## Menu for Week 3 – June 20–24, 2026 – ELC, EHS and Head Start

**Classroom Closures: HS Classrooms closed on Friday**

| MEAL      | COMPONENT               | AGES 1-2  | AGES 3-5  | MONDAY               | TUESDAY                | WEDNESDAY                   | THURSDAY                | FRIDAY                 |
|-----------|-------------------------|-----------|-----------|----------------------|------------------------|-----------------------------|-------------------------|------------------------|
| BREAKFAST | Milk                    | 1/2 cup   | 3/4 cup   | Milk/Milk Substitute | Milk/Milk Substitute   | Milk/Milk Substitute        | Milk/Milk Substitute    | Milk/Milk Substitute   |
|           | Fruit/Vegetable         | 1/4 cup   | 1/2 cup   | Peaches              | Banana                 | Mandarin Oranges            | Watermelon              | Peaches                |
|           | Grain/Meat <sup>+</sup> | 1/2 oz eq | 1/2 oz eq | WG Rice Chex         | WG French Toast Sticks | Wheat Bagel w/ Cream Cheese | WG Multi Grain Cheerios | Yogurt/Graham Crackers |
| LUNCH     | Milk                    | 1/2 cup   | 3/4 cup   | Milk/Milk Substitute | Milk/Milk Substitute   | Milk/Milk Substitute        | Milk/Milk Substitute    | Milk/Milk Substitute   |
|           | Vegetable               | 1/8 cup   | 1/4 cup   | Peas                 | Cucumber w/dip         | Mashed Potatoes             | Green Beans             | Broccoli & Dip         |
|           | Fruit*                  | 1/8 cup   | 1/4 cup   | Fruit Cocktail       | Baked Apples           | Pears                       | Tropical Fruit          | Pineapple              |
|           | Grain                   | 1/2 oz eq | 1/2 oz eq | Mac and Cheese       | WG Dinner Roll         | 1/2 Slice WG Bread          | WG Hot Dog Bun          | Tortilla Wrap          |
|           | Meat/Meat Alternate     | 1 oz      | 1 1/2 oz  | Mac and Cheese       | Chicken Nuggets        | Hamburger w/gravy           | Meatballs               | Turkey/Cheese          |
| SNACK     | Milk                    | 1/2 cup   | 1/2 cup   | Water                | Milk/Milk Substitute   |                             | Milk/Milk Substitute    | Milk/Milk Substitute   |
|           | Fruit                   | 1/2 cup   | 1/2 cup   |                      |                        | 100% Apple Juice            |                         |                        |
|           | Vegetable               | 1/2 cup   | 1/2 cup   |                      |                        |                             |                         |                        |
|           | Grain                   | 1/2 oz eq | 1/2 oz eq | Club Crackers        | WG Goldfish            | WG Scooby Do                | WG Pretzels             | WG Sunchips            |
|           | Meat/Meat Alternate     | 1/2 oz    | 1/2 oz    | American Cheese      |                        |                             |                         |                        |

<sup>+</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. \* The fruit component at lunch may be substituted by an additional vegetable.

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## Menu for Week 3 – July 20-24, 2026 – ELC/EHS Infants

| MEAL      | COMPONENT                                                                        | 0-5 MOS.  | 6-11 MOS.   | MONDAY                          | TUESDAY                        | WEDNESDAY                | THURSDAY                   | FRIDAY                    |
|-----------|----------------------------------------------------------------------------------|-----------|-------------|---------------------------------|--------------------------------|--------------------------|----------------------------|---------------------------|
| BREAKFAST | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 6-8 fl oz   | Breastmilk or Formula           | Breastmilk or Formula          | Breastmilk or Formula    | Breastmilk or Formula      | Breastmilk or Formula     |
|           | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x         | 0-4 tbsp    | Infant Cereal/ Blueberry Muffin | Infant Cereal/ Kix             | Infant Cereal/Cheerios   | Infant Cereal/WG Cheerios  |                           |
|           | Cheese                                                                           | x         | 0-2 oz      |                                 |                                |                          |                            |                           |
|           | Cottage Cheese/Yogurt/ Combination                                               | x         | 0-4 oz      |                                 |                                |                          |                            | Yogurt W/ graham crackers |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Peaches                         | Bananas                        | Mandarin Oranges         | Watermelon                 | Peaches                   |
| LUNCH     | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 6-8 fl oz   | Breastmilk or Formula           | Breastmilk or Formula          | Breastmilk or Formula    | Breastmilk or Formula      | Breastmilk or Formula     |
|           | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x         | 0-4 tbsp    |                                 | Finely Chopped Chicken Nuggets | Finely Chopped Hamburger | Finely Chopped Meatballs   | Finely Chopped Turkey     |
|           | Cheese                                                                           | x         | 0-2 oz      | Mac and Cheese                  |                                |                          |                            |                           |
|           | Cottage Cheese/Yogurt/ Combination                                               | x         | 0-4 oz      |                                 |                                |                          |                            |                           |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Fruit Cocktail Peas             | Baked Apples Green Beans       | Pears Mashed Potatoes    | Tropical Fruit Green Beans | Pineapple Calif. Blend    |
| SNACK     | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 2-4 fl oz   | Breastmilk or Formula           | Breastmilk or Formula          | Breastmilk or Formula    | Breastmilk or Formula      | Breastmilk or Formula     |
|           | Bread                                                                            | x         | 0-1/2 slice |                                 |                                | Corn Muffin              |                            |                           |
|           | Cracker                                                                          | x         | 0-2         |                                 | Yogurt W/ graham crackers      |                          | WG Goldfish                | Club Crackers             |
|           | Infant or RTE Cereal                                                             | x         | 0-4 tbsp    | Cheerios                        |                                |                          |                            |                           |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Banana                          | Fruit Cocktail                 | Applesauce               | Peaches                    | Mandarin Oranges          |



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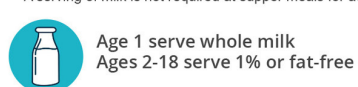
# Menu for Week 4– July 27–31, 2026 – ELC, EHS and Head Start

**Classroom Closures: HS classrooms closed on Friday**

| MEAL      | COMPONENT               | AGES 1-2  | AGES 3-5  | MONDAY                | TUESDAY                    | WEDNESDAY                | THURSDAY                        | FRIDAY               |
|-----------|-------------------------|-----------|-----------|-----------------------|----------------------------|--------------------------|---------------------------------|----------------------|
| BREAKFAST | Milk                    | 1/2 cup   | 3/4 cup   | Milk /Milk Substitute | Milk/Milk Substitute       | Milk/Milk Substitute     | Milk/Milk Substitute            | Milk/Milk Substitute |
|           | Fruit/Vegetable         | 1/4 cup   | 1/2 cup   | Bananas               | Peaches                    | Sliced Bananas           | Fruit Cocktail                  | Pears                |
|           | Grain/Meat <sup>+</sup> | 1/2 oz eq | 1/2 oz eq | WG Rice Krispies      | WG English muffin w/ jelly | Yogurt / Graham Crackers | Blueberry Bagel w/ Cream Cheese | WG Corn Chex         |
| LUNCH     | Milk                    | 1/2 cup   | 3/4 cup   | Milk/Milk Substitute  | Milk/Milk Substitute       | Milk/Milk Substitute     | Milk/Milk Substitute            | Milk/Milk Substitute |
|           | Vegetable               | 1/8 cup   | 1/4 cup   | Broccoli              | Green Beans                | Salad                    | Cooked Carrots                  | Sweet Potato Fries   |
|           | Fruit*                  | 1/8 cup   | 1/4 cup   | Watermelon            | Pineapple                  | Apple slices             | Tropical Fruit                  | Applesauce           |
|           | Grain                   | 1/2 oz eq | 1/2 oz eq | Hamburger bun         | WG Breadsticks             | WG Crust                 | Rice                            | WG Hot Dog Bun       |
|           | Meat/Meat Alternate     | 1 oz      | 1 1/2 oz  | Chicken Patty         | Ravioli                    | Pizza Extra Cheese       | Grilled chicken Breast          | Hot Dog              |
| SNACK     | Milk                    | 1/2 cup   | 1/2 cup   | Milk/Milk Substitute  | Water                      | Milk/Milk Substitute     | Milk/Milk Substitute            | Milk/Milk Substitute |
|           | Fruit                   | 1/2 cup   | 1/2 cup   |                       |                            |                          |                                 |                      |
|           | Vegetable               | 1/2 cup   | 1/2 cup   |                       |                            |                          |                                 |                      |
|           | Grain                   | 1/2 oz eq | 1/2 oz eq | WG Goldfish           | WG Pretzels                | WG Bug Bites             | Banana Bread                    | Chex Mix             |
|           | Meat/Meat Alternate     | 1/2 oz    | 1/2 oz    |                       | Cheese Stick               |                          |                                 |                      |

<sup>+</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. \* The fruit component at lunch may be substituted by an additional vegetable.

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At least one meal ingredient per day must be whole grain-rich.



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8 yrs old + | 6-8 8 oz. glasses per day.





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# Menu for Week 4– July 27–31, 2026 – ELC/EHS Infants

| MEAL      | COMPONENT                                                                        | 0-5 MOS.  | 6-11 MOS.   | MONDAY                          | TUESDAY                 | WEDNESDAY                      | THURSDAY                      | FRIDAY                     |
|-----------|----------------------------------------------------------------------------------|-----------|-------------|---------------------------------|-------------------------|--------------------------------|-------------------------------|----------------------------|
| BREAKFAST | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 6-8 fl oz   | Breastmilk or Formula           | Breastmilk or Formula   | Breastmilk or Formula          | Breastmilk or Formula         | Breastmilk or Formula      |
|           | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x         | 0-4 tbsp    | Infant Cereal/ WG Rice Crispies | Infant Cereal/ Cheerios |                                | Infant Cereal/ Kix            | Infant Cereal/ MG Cheerios |
|           | Cheese                                                                           | x         | 0-2 oz      |                                 |                         |                                |                               |                            |
|           | Cottage Cheese/Yogurt/ Combination                                               | x         | 0-4 oz      |                                 |                         | Yogurt/ Graham Crackers        |                               |                            |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Banana                          | Peaches                 | Finely Chopped Bananas         | Fruit Cocktail                | Pears                      |
| LUNCH     | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 6-8 fl oz   | Breastmilk or Formula           | Breastmilk or Formula   | Breastmilk or Formula          | Breastmilk or Formula         | Breastmilk or Formula      |
|           | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x         | 0-4 tbsp    | Finely Chopped Chicken Patty    | Ravioli                 | Chicken Tenders Finely Chopped | Finely Chopped Chicken        | Finely Chopped Turkey      |
|           | Cheese                                                                           | x         | 0-2 oz      |                                 |                         |                                |                               |                            |
|           | Cottage Cheese/Yogurt/ Combination                                               | x         | 0-4 oz      |                                 |                         |                                |                               |                            |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Broccoli Watermelon             | Green Beans Pineapple   | Green Beans Baked Apples       | Cooked Carrots Tropical Fruit | Sweet Potato Applesauce    |
| SNACK     | Fluid Breastmilk or Formula                                                      | 4-6 fl oz | 2-4 fl oz   | Breastmilk or Formula           | Breastmilk or Formula   | Breastmilk or Formula          | Breastmilk or Formula         | Breastmilk or Formula      |
|           | Bread                                                                            | x         | 0-1/2 slice |                                 | Corn Muffin             |                                | Banana Bread                  |                            |
|           | Cracker                                                                          | x         | 0-2         | WG Goldfish                     |                         | Club Cracker                   |                               | Ritz Crackers              |
|           | Infant or RTE Cereal                                                             | x         | 0-4 tbsp    |                                 |                         |                                |                               |                            |
|           | Vegetable/Fruit/Both                                                             | x         | 0-2 tbsp    | Pears                           | Bananas                 | Mandarin Oranges               | Peaches                       | Fruit Cocktail             |



One 8 oz. glass of water per year of age until 8 years old.

