

Breakfast

December 2025



WGR-Whole Grain Rich

WW - Whole Wheat

MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	1 French Toast Peaches Milk & Water	2 (WGR) Waffles Pineapple Chunks Milk & Water	3 (WGR) All Bran Wheat Cereal Banana Slices Milk & Water	4 (WGR) Chex Cereal Mandarin Oranges Milk & Water	5 Oatmeal Mandarin Oranges Milk & Water	6 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
7 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	8 Cream of Wheat Cereal Apple Slices Milk & Water	9 (WGR) Pancakes with Syrup Pears Slices Milk & Water	10 (MG) Cheerio Cereal Banana Slices Milk & Water	11 English Muffins with Jelly Mandarin Oranges Milk & Water	12 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	13 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
14 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	15 French Toast with Jelly Peaches Milk & Water	16 (WGR) Waffles with Syrup Pineapple Chunks Milk & Water	17 (WGR) All Bran Wheat Cereal Banana Slices Milk & Water	18 (WGR) Chex Cereal Mandarin Oranges Milk & Water	19 Oatmeal Mandarin Oranges Milk & Water	20 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
21 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	22 Cream of Wheat Cereal Apple Sauce Milk & Water	23 (WGR) Pancakes with Syrup Pears Slices Milk & Water	24 Christmas Eve School Closed	25 Christmas Day School Closed	26 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	27 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
28 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	29 French Toast with Syrup Peaches Milk & Water	30 (WGR) Waffles with Syrup Pineapple Chunks Milk & Water	31 New Year's Eve School Closed			Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup

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Sundav	Mondav	Tuesdav	Wednesdav	Thursdav	Fridav	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	1 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water	2 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water	3 Chicken Nuggets with BBQ Sauce Corn Kernels Mashed Potatoes Sliced Apples Milk & Water	4 (WG) Chicken Taquitos Mexican Rice Steamed Green Beans Peach Slices Milk & Water	5 Turkey & Cheese Sandwiches (WW) Carrot Sticks Pineapple Chunks Milk & Water	6 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
7 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	8 (WG) Penne Pasta with Turkey Meatballs & Marinara Sauce Peas and Carrots Apple Slices Milk & Water	9 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	10 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Slices Milk & Water	11 Chicken & Cheese Flautas Mexican Rice With Corn Watermelon Milk & Water	12 Cheese Pizza Baby Carrot with Ranch Orange Slices Milk & Water	13 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounce/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
14 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	15 Cheese & Spinach Ravioli Garlic Bread Mixed Fruit Cocktail Milk & Water	16 BBQ chicken Steamed Rice Broccoli Apples Slices Milk & Water	17 Chicken Burgers (WW) Potato Wedges Carrot Sticks with Ranch Apple Slices Milk & Water	18 (WG) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water	19 Chicken Tenders Mashed Potatoes Peas Orange Slices Milk & Water	20 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
21 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	22 (WG) Spaghetti with Meat Sauce Steamed Green Beans Peach Slices Milk & Water	23 Orange Chicken Steamed Rice Broccoli Mandarin Orange Milk & Water	24 Christmas Eve School Closed	25 Christmas Day School Closed	26 Popcorn Chicken with BBQ Dipping Sauce Corn Kernels Garlic Bread Sliced Apples Milk & Water	27 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
28 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	29 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water	30 Chicken Noodle Stir Fry Steamed Broccoli Pineapple Chunks Milk & Water	31 New Year's Eve School Closed			Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup

AM & PM Snack

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	1 Blueberry Muffin (WW) Ritz Crackers & Cheese Apple Slices Milk & Water	2 Graham Crackers Orange Slices Cheez It Milk & Water	3 (WGR) Chex Mix Watermelon Apple Sauce Milk & Water	4 Go Gurt Banana String Cheese Milk & Water	5 Vanilla Yogurt Peach Slices BelVita Biscuit Milk & Water	6 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
7 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	8 (WW) Wheat Crackers Apple Slices Cheez It Milk & Water	9 (WGR) Wheat Thins & Cheese Cubes Orange Slices Milk & Water	10 (WGR) Mini Bagels With Cream Cheese Banana BelVita Biscuit Milk & Water	11 Blueberry Muffin Apple Sauce String Cheese Milk & Water	12 (WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	13 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
14 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	15 (WW) Ritz Crackers & Cheese Apple Slices Watermelon Milk & Water	16 Graham Crackers Orange Slices Cheez It Milk & Water	17 (WGR) Chex Mix Apple Sauce Watermelon Milk & Water	18 Go Gurt Banana String Cheese Milk & Water	19 Vanilla Yogurt Peach Slices BelVita Biscuit Milk & Water	20 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
21 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	22 (WW) Crackers Apple Slices Cheez It Milk & Water	23 (WGR) Wheat Thins & Cheese Cubes Orange Slices BelVita Biscuit Milk & Water	24 Christmas Eve School Closed	25 Christmas Day School Closed	26 (WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	27 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
28 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	29 (WW) Ritz Crackers & Cheese Apple Slices Cheez It Milk & Water	30 Graham Crackers Orange Slices BelVita Biscuit Milk & Water	31 New Year's Eve School Closed			Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup