

March

Breakfast-2026

Monday		Tuesday		Wednesday		Thursday		Friday	
Milk	2	Milk	3	Milk	4	Milk	5	Milk	6
Banana		Applesauce		Fruit Cocktail		Clementines		Peaches	
Cheerios		WGR Pancakes		Cheerios		WGR Muffin		Cheerios	
Milk	9	Milk	10	Milk	11	Milk	12	Milk	13
Pineapples		Blueberries		Peaches		Fruit Cocktail		Frozen Mango	
Kix		WGR Mini Bagel		Kix		Turkey Sausage		Kix	
						Cheese Slice			
						WGR Tortilla			
Milk	16	Milk	17	Milk	18	Milk	19	Milk	20
Banana		Diced Mango		Pears		Apricots		Peaches	
Corn Flakes		WGR French Toast Sticks		Corn Flakes		WGR Waffles		Corn Flakes	
Milk	23	Milk	24	Milk	25	Milk	26	Milk	27
Pears		Applesauce		Pineapples		Pineapples		Fruit Cocktail	
Life Cereal		WGR Pancakes		Life Cereal		Yogurt		Life Cereal	
Milk	30	Milk	31						
Peaches		Blueberries							
Cheerios		WGR Mini Bagel							



COMPONENT (Serve Milk, Grains, Vegetables or Fruit)	AGES 1-2		AGES 3-5		AGES 6-18	
Milk	½ cup/4oz		¾ cup		1 cup	
Vegetables/Fruit or Both	¼ cup		½ cup		½ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

*Must serve all 3 components for a reimbursable meal.
 *Whole milk (age 1); 1% or Fat Free (2 through 12)
 *Meat and meat alternatives may be served in place of the entire grains component at breakfast a maximum of 3 times per week.
 *At least 1 serving per day, across all eating occasions, must be whole grain-rich. A serving of grains must be whole-grain rich, enriched meal, or enriched flour.
 *Low Sugar Cereal (Rice Krispies, Corn Flakes, Rice Chex, Cheerios, Kix, Shredded Wheat)





Lunch-2026

Monday		Tuesday		Wednesday		Thursday		Friday	
Milk	2	Milk	3	Milk	4	Milk	5	Milk	6
Green Beans		Green Beans		Hash Browns		Corn		Peas	
Applesauce		Pineapples		Apricots		Peaches		Mandarin Oranges	
Fish Stick		Ground Beef in Sloppy Joe Sauce		Chicken Drumsticks		Turkey Meatballs w/Spaghetti Sauce		Cheese Stick	
WGR Dinner Roll		Whole Wheat Hamburger Roll		WGR Waffles		WGR Spaghetti Noodles		Soy Butter and Jelly	
				Syrup				Whole Wheat Bread	
Milk	9	Milk	10	Milk	11	Milk	12	Milk	13
Cooked Carrots		Corn		California Blend		Chicken Noodle Soup w/Carrots		Broccoli Little Veggie Bites	
Tropical Fruit Salad		Diced Mango		Peaches		Mandarin Oranges		Apple Slices	
Turkey Meatballs w/gravy		Shredded Cheese		WG Chicken Nuggets		Grilled Cheese on Whole Wheat Bread		Applesauce (One Year Olds)	
WGR Rice		Ground Turkey w/Taco Seasoning		WGR Dinner Roll				Turkey Slice	
		WG Tortilla Chips						Cheese Slice	
								WGR Tortilla	
Milk	16	Milk	17	Milk	18	Milk	19	Milk	20
Bakes Beans		Peas		Broccoli		Broccoli		Carrots	
Sweet Potato Fries		Peaches		Fruit Cocktail		Peaches		Banana	
Hot Dog		Diced Chicken		Diced Ham		Diced Chicken in Alfredo Sauce		Ham Slice	
WGR Hot Dog Roll		WG Tortilla		WGR Macaroni & Cheese		WGR Rotini Noodles		Cheese Slice	
		Caesar Dressing/Lettuce						WGR Tortilla	
Milk	23	Milk	24	Milk	25	Milk	26	Milk	27
Green Beans		Green Beans		Hash Browns		Corn		Peas	
Applesauce		Pineapples		Apricots		Peaches		Mandarin Oranges	
Fish Stick		Ground Beef in Sloppy Joe Sauce		Chicken Drumsticks		Turkey Meatballs w/Spaghetti Sauce		Cheese Stick	
WGR Dinner Roll		Whole Wheat Hamburger Roll		WGR Waffles		WGR Spaghetti Noodles		Soy Butter and Jelly	
				Syrup				Whole Wheat Bread	
Milk	30	Milk	31						
Cooked Carrots		Corn							
Tropical Fruit Salad		Diced Mango							
Turkey Meatballs w/gravy		Shredded Cheese							
WGR Rice		Ground Turkey w/Taco Seasoning							
		WG Tortilla Chips							



COMPONENT (Serve all 5)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		¾ cup		1 cup	
Vegetables	½ cup		½ cup		¾ cup	
Fruit	1/8 cup		¼ cup		½ cup	
Meat/Meat Alternatives	1 oz.		1 ½ oz.		2 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

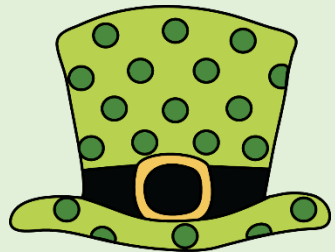
**Must serve all five Components for a reimbursable meal.*



March

Snack-206

Monday		Tuesday		Wednesday		Thursday		Friday	
Water	2	Water	3	Water	4	Water	5	Water	6
Grapes		Carrot Sticks		Strawberries		WGR Hard/Soft Pretzel		Cucumbers	
WGR Dino Bite Crackers		WGR Saltine Crackers		WG Goldfish		Apple Slices		WGR Rice Cakes	
		Ranch Dressing				Applesauce (One year Old)		Ranch Dressing	
Water	9	Water	10	Water	11	Water	12	Water	13
Mandarin Oranges		Cheese Stick		Pears		WGR Hard/Soft Pretzel		Peaches	
WGR Cheez-Its		Ritz Crackers		WGR Maple Sunrise Bites		Apple Slices		WGR Chat Snax Crackers	
						Applesauce (One year Old)			
Water	16	Water	17	Water	18	Water	19	Water	20
Soy Butter		Craisins		Cheese Cubes		WGR Hard/Soft Pretzel		Blueberries	
WG Graham Crackers		Chex Mix		WG Savory Wheat Crackers		Apple Slices		WG Granola	
						Applesauce (One year Old)		Yogurt	
Water	23	Water	24	Water	25	Water	26	Water	27
Salsa		Carrot Sticks		Strawberries		WGR Hard/Soft Pretzel		Cucumbers	
WGR Tortilla Chips		WGR Saltine Crackers		WG Goldfish		Apple Slices		WGR Rice Cakes	
		Ranch Dressing				Applesauce (One year Old)		Ranch Dressing	
Water	30	Water	31						
Grapes		Cheese Stick							
WGR Dino Bite Crackers		Ritz Crackers							



COMPONENT (Serve 2 of the 5 components)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		½ cup		1 cup	
Vegetables	¼ cup		½ cup		¾ cup	
Fruit	½ cup		½ cup		¾ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

*Two of the five components for a reimbursable snack.
 *If no milk or juice is served, water must be offered.

