

Lunch

April 2026

WGR – Whole Grain

WW – Whole Wheat

MGR – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	**This institution is an equal opportunity provider**		1 Chicken Burgers (WW) Potato Wedges Carrots Sticks Fruit Cocktail Milk and Water	2 Chicken Flautas Mexican Rice With Corn Mixed Fruit Milk and Water	3 Chicken Tenders (WW) Bun Mashed Potatoes Peas Pears Milk and Water	4 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
5 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	6 Cheese & Spinach Ravioli w/Marinara Sauce Steamed Peas Pear Slices Milk and Water	7 Teriyaki Chicken Steamed Rice Broccoli Pineapple Chunks Milk and Water	8 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk and Water	9 (WGR) Cheese & Bean Burritos Spanish Rice Steamed Green Beans Peach Slices Milk and Water	10 Turkey & Cheese Sandwiches (WW) Carrot Sticks Banana Slices Milk and Water	11 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
12 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	13 (WGR) Fettuccini Alfredo With Chicken Mixed Vegetables Fruit Cocktail Milk and Water	14 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Fruit Cocktail Milk and Water	15 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Slices Milk and Water	16 (WGR) Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk and Water	17 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Peaches Milk and Water	18 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup

19 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	20 (WGR) Meat Lasagna Green Beans Garlic Bread Apple Slices Milk and Water	~~21~~ Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk and Water	22 (WGR) Cheese Macaroni Steamed Peas Pear Slices Milk and Water	23 (WG) Chicken & Cheese Taquitos Spanish Rice With Corn Mixed Fruit Milk and Water	24 Popcorn Chicken With BBQ Sauce (WW) Bun Mashed Potatoes Steamed Corn Orange Slices Milk and Water	25 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces 1/2 Cup, 3/4 Cup, 3/8 Cup Vegetables/Fruit 1/4 Cup Grains 1/2 Slice/Serving 1/4 Cup
26 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	27 (WGR) Baked Ziti with Ricotta & Mozzarella Green Beans Garlic Bread Apple Slices Milk and Water	28 Chicken Dumplings Vegetable Fried Rice Broccoli Mandarin Oranges Milk and Water	29 Sloppy Joes on a Bun (WW) Steamed Green Beans Apple Slices Milk and Water	30 (WW) Soft Chicken Tacos Mexican Rice Steamed Mixed Vegetables Banana Slices Milk and Water	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces 1/2 Cup, 3/4 Cup, 3/8 Cup Vegetables/Fruit 1/4 Cup Grains 1/2 Slice/Serving 1/4 Cup