

Monday	Tuesday	Wednesday	Thursday	Friday
Let's Taco Bout CINCO MAYO	TEACHER  APPRECIATION  WEEK	Mother's *  Way	1 Breakfast WG Bagel, Honey Dew & Milk Lunch Mac & Cheese, Broccoli, Pears, Broccoli & Milk Snack Rice Krispie & Cantaloupe	2 Breakfast WG Pancakes, Cuties & Milk Lunch Beans, WG rice, apples, tomato & Milk Snack WG Granola Bar & Watermelon
Breakfast WG Cereal, Strawberries & Milk Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & Milk Snack Gogo Squeeze Yogurt & Oranges	<u>6</u> <u>Breakfast</u> WG Oatmeal, Pears & Milk <u>Lunch</u> Cheese Quesadilla, Cauliflower, Apples & Milk <u>Snack</u> String Cheese & Watermelon	Breakfast Seasonal Muffins, Pineapple & Milk Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & Milk Snack Gram Crackers & Grapes	Breakfast WG Toast with Jelly, Banana & Milk Lunch WG Turkey Ham Sandwich, Orange, Cucumber & Milk Snack Cheez-it & Apple Sauce	Breakfast Butter Croissant, Orange & Milk Lunch WG Chicken Nuggets, Broccoli, Apples & Milk Snack WG Oat Honey Granola Bar & Honey Dew
Breakfast WG Cereal, Banana & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & Milk Snack Animal Crackers & Golden Melon	13 Breakfast Waffles, Cuties & Milk Lunch Tuna Salad, Corn, Ritz Crackers, Honey Dew & Milk Snack WG Graham crackers & Bananas	<u>14</u> <u>Breakfast</u> Seasonal Muffins, Watermelon & Milk <u>Lunch</u> Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk <u>Snack</u> WG Nutri Grain Bar & Orange	Breakfast WG Bagel, Honey Dew & Milk Lunch Mac & Cheese, Broccoli, Pears & Milk Snack Rice Krispie & Cantaloupe	16 Breakfast WG Pancakes, Cuties & Milk Lunch Beans, WG rice, apples, tomato and Milk Snack WG Granola Bar & Watermelon
Breakfast WG Cereal, Strawberries & Milk Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & Milk Snack Gogo Squeeze Yogurt & Oranges	20 Breakfast WG Oatmeal, Pears & Milk Lunch Cheese Quesadilla, Cauliflower, Apples & Milk Snack String Cheese & Watermelon	Breakfast Seasonal Muffins, Pineapple & Milk Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & Milk Snack Gram Crackers & Grapes	22  Breakfast  WG Toast with Jelly, Banana & Milk  Lunch  WG Turkey Ham Sandwich, Orange, Cucumber & Milk  Snack  Cheez-it & Apple Sauce	23 Breakfast Butter Croissant, Orange & Milk Lunch WG Chicken Nuggets, Broccoli, Apples & Milk Snack WG Oat Honey Granola Bar & Honey Dew
Memorial Day REMEMBER AND HONOR	Breakfast Waffles, Cuties & Milk Lunch Tuna Salad, Corn, Ritz Crackers, Honey Dew & Milk Snack WG Graham crackers & Bananas	28 Breakfast Seasonal Muffins, Watermelon & Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange Milk Snack WG Nutri Grain Bar & Orange	Breakfast WG Bagel, Honey Dew & Milk Lunch Mac & Cheese, Broccoli, Pears & Milk & Milk Snack Rice Krispie & Cantaloupe	30  Breakfast WG Pancakes, Cuties & Milk Lunch Beans, WG rice, apples, tomato & Milk Snack WG Granola Bar & Watermelon

# Tuesday













Turkey Stew, Brown Rice, Pears, Mixed veggies & formula/breast milk Snack

Teethers, Cantaloupe & formula/breast milk

**Breakfast** 

Pancakes, Cuties, formula/breast milk

Beans and WG Rice, Broccoli, Apples, & formula/breast milk

Snack

Baby puffs, Watermelon & formula/breast

## **Breakfast**

Infant Cereal, Strawberries & formula/breast milk

### Lunch

WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula/breast milk

### Snack

Bread, Oranges & formula/breast milk

### **Breakfast**

Cooked oatmeal, Pears & formula/breast

### Lunch

WG Spaghetti with ground turkey, Cauliflower, Apples & formula/breast milk

### Snack

Yogurt melts, Watermelon & formula/breast milk

### **Breakfast**

Seasonal Muffin, apple sauce & formula/breast milk

### Lunch

Lentils with WG Brown Rice. Tomato. Cantaloupe & formula/breast milk

### **Snack**

Teething Sticks, Grapes & formula/breast milk

### **Breakfast**

Toast, Banana & formula/breast milk Lunch

Lentils with WG Rice, Tomato, Orange, & formula/breast milk

### Snack

14

21

28

Whipped Melts, Apple Sauce & formula/breast milk

### **Breakfast**

Butter Croissant, Orange & formula or formula/breast milk

9

16

23

30

Cottage Cheese, Broccoli, Apples & formula/breast milk

### Snack

15

22

29

Teethers, Honey Dew formula/breast milk

## **Breakfast**

Infant Cereal, Banana & formula/breast milk

### Lunch

Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & formula/breast milk

### Snack

Animal Crackers, Golden Melon & formula/breast milk

### Breakfast

Waffles, Cuties & formula or breast milk

12

19

Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula or breast milk

### Snack

Lil Crunchies, Bananas & formula or breast milk

### **Breakfast**

Seasonal Muffins, Watermelon & formula or breast milk

### Lunch

13

20

27

Turkey Stew with WG Rice, Mixed Vegetables, Orange & formula or breast milk

### Snack

Bread, Orange & formula or breast milk

### **Breakfast**

WG Bagel, Honey Dew & formula or breast

### Lunch

Turkey Stew with WG rice, mixed veggies, Pears & formula or breast milk

## Snack

Yogurt melts, Cantaloupe & formula or breast

# **Breakfast**

WG Pancakes, Orange & formula or breast Lunch

Beans with WG Brown Rice, Apples, & formula or breast milk

### Snack

Teething Sticks, Honey dew & formula or breast milk

## **Breakfast**

Infant Cereal, Strawberries & formula or breast milk

## Lunch

WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula or breast milk

### Snack

Bread, Oranges & formula/breast milk

### **Breakfast**

Cooked Oatmeal, Pears & formula or breast milk

### Lunch

Cheese Quesadilla, Cauliflower, Apples & formula or breast milk

### Snack

Yogurt melts, Watermelon & formula/breast milk

### **Breakfast**

Seasonal Muffins, Pineapple & formula/breast milk

### Lunch

Turkey Stew with WG Rice, Mixed Vegetables, Cantaloupe & formula/breast milk

### Snack

Teething Sticks, Orange & formula/breast milk

### **Breakfast**

WG Toast with Jelly, Banana & formula or breast milk

### Lunch

Lentils with WG Brown Rice, Tomato Sauce, Orange & formula or breast milk

Whipped Melts. Apple Sauce & formula or breast milk

### Breakfast

Butter Croissant, Cuties & formula or breast milk

### Lunch

Hardboiled Egg with Bowtie Soup, Apple, Mix Vegetables & formula or breast milk

## Snack

Teethers, Watermelon & formula or breast milk

### 26 Breakfast

Waffles, Cuties & formula/breast milk

### Lunch

Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula/breast milk

### Snack Lil Crunchies, Bananas & formula/breast milk

### Breakfast

Seasonal Muffins. Watermelon & formula/breast milk

### Lunch

Turkey Stew with WG Rice, Mixed Vegetables, Orange formula/breast milk

### Snack

Bread & Orange

### Breakfast

WG Bagel, Honey Dew & formula/breast milk

### Turkey Stew with WG rice, mixed veggies, Pears & formula/breast milk

Yogurt melts, Cantaloupe & formula/breast milk

### Breakfast

WG Pancakes, Orange & formula/breast milk

Beans with WG Brown Rice, Apples, & formula/breast milk

### Snack

Teething Sticks, Honey Dew & formula/breast milk

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breast milk <sup>1</sup> or formula; <sup>2</sup> and
		0-1/2 ounce equivalent infant cereal; <sup>2,3</sup> or 0-4 tablespoons:
		meat, fish, poultry, whole egg, cooked dry beans, peas, and lentils; or
		0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt;⁴ or a combination of the above;⁵ and
		0-2 tablespoons vegetable or fruit, or a combination of both. <sup>5,6</sup>
Snack	4-6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces breast milk <sup>1</sup> or formula; <sup>2</sup> and  0-½ ounce equivalent bread; <sup>3,7</sup> or 0-½ ounce equivalent crackers; <sup>3,7</sup> or 0-½ ounce equivalent infant cereal; <sup>2,3</sup> or 0-½ ounce equivalent ready-to-eat breakfast cereal; <sup>3,5,7,8</sup> and
		0-2 tablespoons vegetable or fruit, or a combination of both. <sup>5,6</sup>

<sup>&</sup>lt;sup>1</sup> Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

<sup>&</sup>lt;sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>&</sup>lt;sup>3</sup> Information on crediting grain items may be found in FNS guidance.

<sup>&</sup>lt;sup>4</sup> Through Sept. 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

<sup>&</sup>lt;sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>&</sup>lt;sup>6</sup> Fruit and vegetable juices must not be served.

<sup>&</sup>lt;sup>7</sup> A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

<sup>&</sup>lt;sup>8</sup> Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.