Lunch August 2026

WGR– Whole Grain WW – Whole Wheat MGR – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	3 (WGR) Chicken and Vegetable Pasta Primavera Mixed Vegetables Fruit Cocktail Milk and Water	4 Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	5 (WW) Chicken Salad Sandwich Carrot Sticks w/Ranch Infants Steamed Carrots Banana Milk & Water	6 Chicken & Cheese Flautas Spanish Rice Pinto Beans Fruit Cocktail Milk & Water	7 Chicken Nuggets Mashed Potatoes Steamed Corn Sliced Oranges Milk & Water	8 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
9 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	10 (WGR) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	11 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water	12 (WGR) Turkey & Cheese Sandwiches Carrots w/Ranch Infants Steamed Carrots Banana Milk & Water	13 (WGR) Chicken Taquitos Mexican Rice Black Beans Mixed Fruit Milk & Water	14 Sloppy Joes on a (WW) Bun Peas and Carrots Apple Slices Milk & Water	15 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
16 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	17 (WGR) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water	18 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	19 Cheese & Chicken Pizza Carrot Sticks w/Ranch Infants Steamed Carrots Banana Milk & Water	20 (WGR) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water	21 Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water	22 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
23 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	24 (WGR) Cheese & Spinach Ravioli With Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water	25 Chicken Fried Rice with Pinto Beans Steamed Broccoli Pineapple Chunks Milk & Water	26 Chicken Burgers (WW) Potato Wedges Carrots Sticks w/Ranch Infants Steamed Carrots Pear Slices Milk & Water	27 (WGR) Soft Chicken Tacos Spanish Rice Pinto Beans Banana Slices Milk & Water	28 (WW) Grilled Cheese Sandwiches Carrots w/Ranch Infants Steamed Carrots Orange Slices Milk & Water	29 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
30 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	31 (WGR) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water			Free Meal modifications are available upon request for participants with disabilities	**This institution is an equal opportunity provider**	**Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup