

# MENU - SET #4, Page 1 Week of June 1st, July 6th & August 10th

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, RV 1007, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	MONDAY 6/1/26 7/6/26 8/10/26	TUESDAY 6/2/26 7/7/26 8/11/26	WEDNESDAY 6/3/26 7/8/26 8/12/26	THURSDAY 6/4/26 7/9/26 8/13/26	FRIDAY 6/5/26 7/10/26 8/14/26
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 c. All Bran Cereal (WGR) 1/2 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. Toast (WGR) may also be served	1/2 Bagel w/ Cream Cheese 1/2 c. Pineapple Tidbits 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 French Toast Stick (WGR) 1/2 oz. Ham Chunks 1/2 c. 100% Grape Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	3 Pancake Wrapped Sausage Links (WGR) 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Blueberry Muffin (WGR) 1/2 c. Cantaloupe 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 Fish Fillet (WGR) 1/4 c. Peas & Carrots 1/4 c. Seedless Watermelon 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Hot Ham & Cheese on a Bun (WGR) 1/4 c. Baked Beans 1/4 c. Honey Dew Melon 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Tater Tot Casserole 1/2 sl. Bread (WGR) 1/4 c. Mangoes 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. Spaghetti & Meat Sauce (WGR) 1/4 c. Corn 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Cheeseburger on a Bun (WGR) 1/4 c. Sweet Potato Fries or Tots 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	1/4 c. Animal Crackers 1/2 oz. Cheese Sticks	1/4 c. Oyster Crackers 1/2 c. Sliced Grapes	1/4 c. Goldfish Crackers (WGR) 1/2 c. Applesauce	1/2 c. Bananas 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	

Diet Modification Substitutions:

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich

## Read about Food with your Child

- Mrs. Peanuckle's Fruit Alphabet, by Mrs. Peanuckle and Jessie Ford
- Apples by Gail Gibbons
- A Fruit is a Suitcase for Seeds by Jean Richards, Anca Hariton (Illustrator)
- The Fruits We Eat by Gail Gibbons.

## MENU - SET #4, Page 2 Week of June 8th, July 13th

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, RV 1007, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	<b>MONDAY</b> 6/8/26 7/13/26	<b>TUESDAY</b> 6/9/26 7/14/26	<b>WEDNESDAY</b> 6/10/26 7/15/26	<b>THURSDAY</b> 6/11/26 7/16/26	<b>FRIDAY</b> 6/12/26 7/17/26
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 c. Kix Cereal (WGR) 1/2 c. Pineapple Tidbits 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. Toast (WGR) may also be served	1 Pancake (WGR) 1/2 c. Orange Slices 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 English Muffin 1/2 oz. Ham Chunks 1/2 c. Blueberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Breakfast Burrito 1/2 c. Mangoes 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. Cheerios Cereal (WGR) 1/2 c. Banana 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. Toast (WGR) may also be served
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	3 Chicken Strips (WGR) 1/4 c. Broccoli 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Cheesy Tuna & Noodles 1/4 c. Peas 1/4 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Turkey & Cheese Sandwich (WGR) 1/4 c. California Mixed Vegetables 1/4 c. Sliced Grapes 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 oz. Meatloaf 1/2 sl. Bread (WGR) 1/4 c. French Fries or Tots 1/4 c. Cantaloupe 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 oz Taco Haystacks w/Tortilla Chips <i>Softshell for EHS</i> Shredded Cheese 1/2 c. Spinach/Lettuce Mix 1/4 c. Seedless Watermelon 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	1/3 c. Cereal Snack 1/2 oz. Cheese Slice	1/2 c. Peppers 1/2 c. Strawberries	1/4 c. Cheez-It Crackers 1/2 c. 100% White Grape Juice	1/2 c. Fruit Cocktail - Cut 4 Saltine Crackers	

Diet Modification Substitutions:

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich

# MENU - SET #4, Page 3

Week of June 15th & July 21st

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, RV 1007, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	MONDAY 6/15/26 7/20/26	TUESDAY 6/16/26 7/21/26	WEDNESDAY 6/17/26 7/22/26	THURSDAY 6/18/26 7/23/26	FRIDAY 6/19/26 7/24/26
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 c. Frosted Mini-Wheats Cereal (WGR) 1/2 c. Pineapple Tidbits 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  <i>1/2 sl. Toast (WGR) may also be served</i>	1/4 c. Baked Scrambled Eggs 1/2 Sl. Toast (WGR) 1/2 c. 100% Orange Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Waffle (WGR) 1/2 c. Banana 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 sl. Bacon/Cheese Breakfast Pizza (WGR) 1/2 c. Mixed Berries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 sl. Toast (WGR) 1 Sl. Cheddar Cheese 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	2/3 c. Cavatini 1/2 c. Spinach/Lettuce Mix 1/4 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 oz. Hot Chicken on a Bun (WGR) 1/4 c. Green Beans 1/4 c. French Fries or Tots 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 pc. Pizza w/Ground Beef 1/4 c. Cooked Carrots 1/4 c. Seedless Watermelon 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	3 Chicken Strips (WGR) 1/4 c. Peas 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Scalloped Potatoes & Ham 1/2 Sl. Bread (WGR) 1/4 c. Cantaloupe 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	1/4 c. Honey Teddy Grahams (WGR) 1/2 oz. Sliced String Cheese	1/2 c. Yogurt 1/2 c. Blueberries	1/4 c. Ranch Oyster Crackers 1/2 c. 100% Grape Juice	1/2 c. Applesauce 1/2 c. Celery w/PB	

Diet Modification Substitutions:

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

## Food Safety

- To keep refrigerated foods safe, check the temperature in your refrigerator periodically. The best temperature is between 36 degrees and 38 degrees.
- Put a kitchen thermometer in a glass of water and place in the refrigerator overnight. If the temperature is above or below the recommended range, adjust the thermostat slightly and allow 24 hours for the temperature to adjust. After reaching the right temperature, keep refrigerator full to improve efficiency.

# MENU - SET #4, Page 4

Week of June 22nd & July 27th

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, RV 1007, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	MONDAY 6/22/26 7/27/26	TUESDAY 6/23/26 7/28/26	WEDNESDAY 6/24/26 7/29/26	THURSDAY 6/25/26 7/30/26	FRIDAY 6/26/26 7/31/26
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 c. Life Original Cereal (WGR) 1/2 c. Applesauce 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> ) 1/2 sl. Toast (WGR) may also be served	1 Pancake (WGR) 2 Sausage Links 1/2 c. 100% White Grape Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 sl. Banana Bread (WGR) 1/2 c. Blueberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 sl. Toast (WGR) 1 sl. Cheddar Cheese 1/2 c. Orange Slices 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. Cheerios Cereal (WGR) 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> ) 1/2 sl. Toast (WGR) may also be served
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 Chicken Patty on a Bun (WGR) 1/4 c. Peas 1/4 c. Seedless Watermelon 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Goulash 1/4 c. Green Beans 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Cheeseburger on a Bun (WGR) 1/4 c. French Fries or Tots 1/4 c. Mixed Berries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Chicken Quesadilla (WGR) 1/4 c. Corn 1/4 c. Honey Dew Melon 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Grilled Ham & Cheese Sandwich (WGR) 1/4 c. California Mixed Veggies 1/4 c. Fruit Cocktail - Cut 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	1/8 c. Cottage Cheese 1/2 c. Peaches	1/4 c. Wheat Thins (WGR) 1/2 c. Sliced Grapes	1/2 c. Cucumbers 1/2 c. Pineapple Tidbits	1 Graham Cracker 1/2 c. 100% Apple Juice	

Diet Modification Substitutions:

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich

# MENU - SET #4, Page 5

Week of June 29th & August 3rd

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, RV 1007, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	<b>MONDAY</b> 6/29/26 8/3/26	<b>TUESDAY</b> 6/30/26 8/4/26	<b>WEDNESDAY</b> 7/1/26 8/5/26	<b>THURSDAY</b> 7/2/26 8/6/26	<b>FRIDAY</b> 7/3/26 8/7/26
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 c. All Bran Cereal (WGR) 1/2 c. Pineapple Tidbits 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. Toast (WGR) <i>may also be served</i>	1/4 c. Baked Scrambled Eggs 1/2 sl. Toast (WGR) 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Blueberry Muffin (WGR) 1/2 c. Orange Slices 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 sl. Bacon/Cheese Breakfast Pizza (WGR) 1/2 c. Blueberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Waffle (WGR) 2 Sausage Links 1/2 c. 100% Orange Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1/2 Tavern w/Bun (WGR) 1/4 c. Sweet Potato Fries or Tots 1/4 c. Cantaloupe 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	3/4 c. Chicken Alfredo with a Twist 1/4 c Broccoli 1/4 c Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Fish Fillet (WGR) 1/4 c. Green Beans 1/4 c. Seedless Watermelon 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 oz. Crispy Chicken Salad (WGR) 1/2 c. Spinach/Lettuce Mix 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 pc. Pizza w/Ground Beef 1/4 c. Cooked Carrots 1/4 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	3 Flipside Crackers 1/2 c. Applesauce	1/2 oz. Soft Pretzels 1/2 oz. Cheese Cubes	3 Ritz Crackers (WGR) 1/2 c. Sliced Grapes	1/2 Tortilla w/PB (WGR) 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	

Diet Modification Substitutions:

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich