

The Children's Center MAY 2026 Menu
One to Five Years Old - Chef's Choice Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Breakfast: Chicken Sausage Link and Hash brown, Milk
				Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk
				Snack: Whole Wheat Tortilla Pizza and Water
4	5	6	7	8
Breakfast: Overnight Oatmeal, Mango/ Peach/Pineapple Blend, Milk 	Breakfast: Kix, Mandarin Oranges, Milk	Breakfast: Vanilla Yogurt , pineapple, Milk	Breakfast: Whole Grain Waffles, bananas, Milk	HS Early Dismissal Breakfast: French toast sticks, **chef's choice fruit** and Milk
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w/Ranch dressing, **chef's choice fruit** Milk	Lunch: Turkey on a bun (Whole Grain), w/ lettuce and *tomato, tater tots w/ketchup and Milk	Lunch: Cheesy Chicken Spaghetti Bake (Wheat Noodles), peas, **chef's choice veggie** and Milk	Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk	Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk
Snack: Vanilla Yogurt, pineapple and water	Snack: Cantaloupe and Cottage Cheese with water	Snack: Mandarin Oranges and Milk	Snack: Gold fish crackers and Milk	Snack: Shredded Wheat Bites, Milk
11	12	13	14	15
Breakfast: Cheese with wheat toast, applesauce, and Milk	Breakfast: Whole Grain Waffles, pineapple and Milk	Breakfast: Kix, **chef's choice fruit**, and Milk Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/wheat roll, Milk	Board Meeting Breakfast: Grits, pears and Milk	Breakfast: Whole Grain Pancakes with Syrup, Applesauce, Milk
Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and Milk	Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk	Snack: Apples and Milk 	Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk	Lunch: Fish Fillet with Lemon Pepper, Sweet Potato Nuggets*, Chef's Choice Veggie, Roll and Milk
Snack: Tortilla Chips, Salsa, Milk	Snack: Peaches, Whole Grain Cheez Its and water		Snack: Vanilla Yogurt, Pineapple, Water	Snack: Shredded Wheat Bites, Milk
18	19	20	21	22
				EHS and HS Closed - Teacher Work Day
Breakfast: Overnight Oatmeal, Mango/Peach/Pineapple Blend, Milk	Breakfast: Cheerios, Mandarin Oranges, Milk	Breakfast: Chicken Sausage Link, Hashbrowns and Milk	Breakfast: Breakfast Pizza, pears, Milk	Breakfast: Kix, pineapple, Milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w/Ranch dressing, **chef's choice fruit** Milk	Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk	Lunch: Spaghetti w/meat sauce (Ground Turkey) and whole wheat noodles, Yellow Squash, **chef's choice fruit** and Milk	Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat roll, Milk	National Vanilla Pudding Day
Snack: Vanilla Yogurt, Pineapple, Water	Snack: Whole Wheat Tortilla Pizza and Water	Snack: Cheese Sandwich on wheat bread and water	Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Goldfish Crackers, Milk
25	26	27	28	29
All Centers Closed 	Policy Council Breakfast: Kix, pineapple, Milk Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream , ^green beans, Milk Snack: Saltine crackers, cheese, water	Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk Lunch: Chef Salad with Ranch dressing, chef's choice fruit, wheat roll and Milk Snack: Apples and Cottage Cheese w/ water	Breakfast: Pancakes, Applesauce, Milk Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, Milk Snack: Shredded Wheat Bites, Milk	Breakfast: Overnight Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Fish Fillet with Lemon Pepper, Mashed Potatoes, spinach*, w/wheat roll, Milk Snack: Tortilla Chips, Salsa, Milk

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat and 100% fruit juice is used.

^Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods

"This institution is an equal opportunity provider and employer"