

EARLY CHILDHOOD MENU 2026



	Monday 31	Tuesday September 1	Wednesday 2	Thursday 3	Friday 4
Brkfst	Jelly on WG Bread Applesauce & Milk	WG English Muffin & Caprese Salad Diced Pears & Milk	Yogurt Parfait w/ Nut Free Granola Cinnamon Apples & Milk	Cornbread Apple Slices & Milk	Cinnamon WG Tortilla Mixed Fruit & Milk
Lunch	Sloppy Joe on WG Bun SIDES: Baked Beans Diced Peaches Milk	Roast Beef & Gravy w/ WG Dinner Roll SIDES: Mashed Potatoes Applesauce Milk	Swedish Meatballs Brown Rice SIDES: Stir Fry Vegetables Citrus Fruit Bowl Milk	BBQ Chicken Breast & WG Dinner Roll SIDES: Carrot Coins Blueberries Milk	Toasted Cheese WG Sandwich SIDES: Steamed Green Beans Mandarin Oranges Milk
PM	Pretzels & Cheese Stick	Hard Boiled Egg & WG Breadstick	Snickerdoodle Hummus & WG Graham Crackers	Animal Crackers & Cheese Cubes	Rainbow Vegetables, Ranch, & Ritz Crackers
	7 - LABOR DAY	8	9 - 25 YEAR CELEBRATION	10	11
Brkfst		WG Cheerios Banana & Milk	Blueberry Muffin Bars Sliced Peaches & Milk	Cinnamon WG Bread Mixed Fruit & Milk	WG Croissant with Jelly Cinnamon Applesauce & Milk
Lunch		Pork Tenderloin on WG Bun SIDES: Island Vegetables Fresh Orange Wedges Ketchup Milk	Bean Burrito Bowl w/ Cilantro Lime Rice SIDES: Corn Shredded Lettuce Applesauce Milk	Chicken and Gravy over Mashed Potatoes SIDES: Mashed Potatoes Pineapple Tidbits Milk	WG Cheese Lasagna SIDES: Fresh Broccoli (3+ yrs)/Carrot Coins (0-2 yrs) Diced Pears Ranch Milk
PM		Ham/Cream Cheese WG Tortilla Pinwheels	WG Kix Cereal & Hard Boiled Egg	Saltines & Sliced Cheese	Sidekick & WG Graham Crackers
	14	15	16	17	18 - HOMECOMING
Brkfst	WG Kix Cereal Mixed Fruit & Milk	Turkey/Cream Cheese Tortilla Pinwheels Sliced Peaches & Milk	Sunbutter Yogurt Dip & Graham Cracker Apple Wedges & Milk	WG Biscuit w/ Jelly Diced Pears & Milk	Cottage Cheese Dip & Ritz Crackers Applesauce & Milk
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Fresh Apple Wedges Ketchup Milk	Sliced Ham with WG Dinner Roll SIDES: Baked Potato Mixed Fruit Milk	Fish Filet & WG Breadstick SIDES: Steamed Peas Kiwi Milk	Chicken Alfredo & WG Pasta SIDES: Steamed Green Beans Banana Milk	MVP Popcorn Chicken SIDES: Marching Band Baked Bear Dancing Diced Pears Ketchup Milk
PM	Seasoned Oyster Crackers & Cheese Stick	WG Goldfish & Banana	Ritz Crackers & Cottage Cheese	Apricots & WG Animal Crackers	Sliced Cheese & Saltines
	21	22	23 - IOWA LOCAL FOOD DAY	24	25
Brkfst	WG Tortilla with Sunbutter Pineapple Tidbits & Milk	WG English Muffin & Jelly Fresh Pear Wedges & Milk	WG Bagel w/ Cream Cheese Mixed Fruit & Milk	Oatmeal Muffin Bars Diced Peaches & Milk	WG Cinnamon Chex Cereal Applesauce & Milk
Lunch	Biscuits & Sausage Gravy SIDES: Country Vegetables Applesauce Milk	Beef WG Nacho Supreme with Cheese SIDES: Refried Beans Shredded Lettuce (3+ yrs) Diced Peaches Milk	BBQ Pulled Pork Sandwich on WG Bun SIDES: Local Corn Local Apples Milk	WG Macaroni & Cheese with Ham WG Breadstick SIDES: Steamed Broccoli Cantaloupe Milk	Cheesy Scrambled Eggs & WG Pancake SIDES: Carrot Coins Mixed Fruit Milk
PM	WG Trail Mix & Cheese Stick	Yogurt & WG Pretzels	WG Flatbread & Ranch Hummus	Ritz Crackers & Sliced Ham	Diced Pears & Buttered WG Bread
	28	29	30	October 1	2 - NO SCHOOL, SJW & HG ONLY
Brkfst	WG Croissant Orange Slices & Milk	Jelly on WG Bread Mandarin Oranges & Milk	Homemade Banana Bread Sliced Peaches & Milk	Hard Boiled Egg & Club Crackers Diced Pears & Milk	Homemade Yogurt Dip Apple Slices & Milk
Lunch	Chicken Patty Sandwich on WG Bun SIDES: Potato Smiles Mixed Fruit Ketchup Milk	Breakfast Sandwich on WG Bun SIDES: Steamed Peas Fresh Pear Wedges Milk	Salisbury Steak & WG Dinner Roll SIDES: Mashed Potatoes with Gravy Banana Milk	WG Cheese Pizza SIDES: Baby Carrots (3+ yrs)/Carrot Coins (0-2 yr) Pineapple Tidbits Ranch Milk	Buttered WG Noodles & Grilled Chicken SIDES: Steamed Broccoli Diced Peaches Milk
PM	Turkey & Ritz Crackers	Animal Crackers & Cinnamon Applesauce	WG Graham Crackers & Yogurt	Pretzels & Cottage Cheese	WG Tortilla Cheese Roll-up

*Water is served with all snacks when Milk is not served
Milk = Whole for 2 and under, Skim for 2+ year olds

*Menu subject to change without notice

*WG = Whole Grain Rich Items

*This institution is an equal opportunity provider.