

FEBRUARY 2026 BREAKFAST & SNACK

MENU IS SUBJECT TO CHANGE

Mon	Tue	Wed	Thu	Fri
2 A.M. Quesadilla, pears P.M.– pretzel, juice WGR	3 A.M. Cereal, peaches P.M. Graham crackers WGR	4 A.M.-Sausage, apples P.M. –string cheese, crackers	5 A.M.– tots , whole wheat bread P.M.– yogurt, cereal WGR	6 A.M. Waffles, oranges P.M. –frozen yogurt, graham crackers
9 A.M.– oatmeal, apples P.M.– cereal, yogurt WGR	10 A.M. Sausage, peaches P.M.– goldfish, juice	11 A.M.– waffles, pears P.M.– pretzels, juice	12 A.M.– tots, whole wheat toast P.M.-sliced cheese, crackers	13 A.M.– Pancakes, mixed fruit P.M.– wheat thins, sliced cheese
16 CAMPUS CLOSED	17 A.M. –cereal, mixed fruit P.M.– string cheese, crackers WGR	18 A.M.– quesadillas, pears P.M. goldfish crackers, juice WGR	19 A.M.-oatmeal, apples P.M.– wheat thins, sliced cheese WGR	20 A.M.– sausage, apples P.M.– graham crackers, applesauce
23 A.M.tots, whole wheat bread P.M.– graham crackers, applesauce	24 A.M.– muffins, applesauce P.M.– goldfish crackers, juice	25 A.M.– sausage, apples P.M.– pretzels, juice	26 A.M.waffles, oranges P.M.wheat thins, sliced cheese WGR	27 A.M.– pancakes, peaches P.M.– string cheese, crackers

Child and Adult Care Food Program Breakfast [Select the appropriate components for a reimbursable meal]			
Food components and food items ¹	Minimum quantities		
	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fl oz
Vegetables, fruits, or portions of both ⁴	1/4 cup	1/2 cup	1/2 cup
Grains (oz. eq.) ^{5 6 7 8}	1/2 ounce equivalent	1/2 ounce equivalent	1OZ equivalent

Child and Adult Care Food Program Snack [Select two of the five components for a reimbursable meal]			
Food components and food items ¹	Minimum Quantities		
	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk ³	4 fluid ounces	4 fluid ounces	8 fluid ounces
Meat/meat alternates (edible portion as served):			
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce
Tofu, soy products, or alternate protein products ⁴	1/2 ounce	1/2 ounce	1 ounce
Cheese	1/2 ounce	1/2 ounce	1 ounce
Large egg	1/2	1/2	1/2
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce
Vegetables ⁶	1/2 cup	1/2 cup	3/4 cup
Fruits ⁶	1/2 cup	1/2 cup	3/4 cup
Grains (oz. eq.) ^{7 8 9}	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent

FEBRUARY 2026 LUNCH

MILK IS SERVED FOR EVERY BREAKFAST AND LUNCH

Mon	Tue	Wed	Thu	Fri
2 Chicken nuggets, tator tots, mixed fruit	3 Fish sticks, corn, oranges	4 Hamburger gravy, mashed potatoes, mixed fruit, whole wheat roll. WGR	5 Chicken Noodle casserole, broccoli, oranges	6 Bean and cheese burrito, green beans, peaches WGR
9 Pizza, green beans, apples NATIONAL PIZZA DAY!!!	10 Tacos, corn, oranges WGR	11 Turkey & cheese, carrots, oranges WGR	12 Chicken teriyaki, rice, broccoli, apples	13 Chili dogs, tator tots, pears
16 Campus Closed	17 Chicken sandwich, fries, apples	18 Fish sticks, green beans, oranges	19 Chicken nuggets, tator tots oranges	20 Spaghetti, green beans, apples, whole wheat toast
23 Pizza, broccoli, oranges	24 Turkey & cheese sandwich, carrots, apples WGR	25 Bean & cheese burrito, corn, oranges WGR	26 Chicken noodle casserole, green beans, peaches	27 Tacos, corn, oranges WGR

Endnotes:

Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool and adult participants.

Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 years old and older and adults.

For adult participants, 6 ounces (weight) or $\frac{3}{4}$ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

A serving of fluid milk is optional for suppers served to adult participants.

Alternate protein products must meet the requirements in Appendix A to Part 226 of this chapter.

Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

Refer to FNS guidance for additional information on crediting different types of grains.

Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).