

January 2026 breakfast & snack

Mon	Tue	Wed	Thu	Fri
			1 CLOSED HAPPY NEW YEAR	2 <i>Cereal & mixed fruit</i> <i>String cheese & crackers</i>
5 <i>bagel/cream cheese, pears crackers, applesauce</i> WGR	6 <i>waffles, pears</i> <i>Pretzels, juice</i>	7 <i>sausage, apples</i> <i>Graham crackers, milk</i>	8 <i>quesadillas, pears</i> <i>Goldfish crackers, juice</i> WGR	9 <i>pancakes, peaches</i> <i>Turkey/cheese & crackers</i>
12 <i>French toast, apples</i> <i>Crackers, sliced cheese</i> WGR	13 <i>sausage, peaches</i> <i>Cereal, yogurt</i> WGR	14 <i>muffins, apples</i> <i>Pretzels, juice</i>	15 <i>Toast, tator tots</i> <i>Graham crackers ,applesauce</i>	16 <i>oatmeal, apples</i> <i>String cheese, crackers</i> WGR
19 CLOSED	20 <i>cereal, mixed fruit</i> <i>String cheese, crackers</i> WGR	21 <i>waffles, oranges</i> <i>Turkey & cheese crackers</i>	22 <i>quesadillas, peaches</i> <i>Goldfish, juice</i> WGR	23 <i>French toast, applesauce</i> <i>Crackers, sliced cheese</i> WGR
26 <i>cereal, pears</i> <i>Turkey & cheese, crackers</i>	27 <i>toast, tator tots</i> <i>Graham crackers, applesauce</i> WGR	28 <i>sausage & apples</i> <i>Goldfish & juice</i> WGR	29 <i>Toast & tator tots</i> <i>Cereal, yogurt</i> WGR	30 <i>oatmeal & apples</i> <i>String cheese, crackers</i> WGR

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	1 OZ 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

January 2026 Lunch

Mon	Tue	Wed	Thu	Fri
			1 CLOSED HAPPY NEW YEAR	2 <i>Turkey & cheese sandwich, carrots, oranges</i> WGR
5 <i>Spaghetti w/meat, green beans, oranges</i>	6 <i>Tacos, corn, apples</i> WGR	7 <i>Bean & Cheese burrito, green beans, mixed fruit</i> WGR	8 <i>chicken noodle soup, carrots, apples</i> WGR	9 <i>Hamburger gravy over mashed potatoes, peaches, toast</i>
12 <i>pulled pork sandwich, French fries, peaches</i>	13 <i>chicken noodle casserole, green beans, mixed fruit</i>	14 <i>turkey /cheese sandwich, carrots, oranges</i>	15 <i>hamburger gravy over mashed potatoes, apples</i>	16 <i>chicken sandwich tator tots, oranges</i>
19 CLOSED	20 <i>Chicken noodle soup, carrots, peaches</i>	21 <i>bean & cheese burrito, corn, oranges</i> WGR	22 <i>Tacos, corns, apples</i>	23 <i>Chili dogs, tator tots, peaches</i>
26 <i>Turkey/cheese sandwich carrots, apples</i> WGR	27 <i>chicken teriyaki, rice, broccoli, oranges</i>	28 <i>Spaghetti, green beans, apples</i>	29 <i>pulled pork sandwiches, French fries, oranges</i>	30 <i>chicken noodle casserole, green beans, pears</i>

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).