

# July 2026 Breakfast & Snack


Mon

Tue

Wed

Thu

Fri

	<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p><b>WGR- WHOLE GRAIN RICH</b></p>	<p>1 AM- muffins, applesauce</p> <p>PM- wheat thins, apples <b>WGR</b></p>	<p>2 AM-cereal, peaches</p> <p>PM- pretzels, juice <b>WGR</b></p>	<p>3</p> 
<p>6 AM- waffles, pears</p> <p>PM- pretzels, juice</p>	<p>7 AM- sausage, apples</p> <p>PM- string cheese, crackers</p>	<p>8 AM- graham crackers, applesauce</p> <p>PM- cereal, yogurt <b>WGR</b></p>	<p>9 AM-pancakes, cantaloupe</p> <p>PM-wheat thins, oranges <b>WGR</b></p>	<p>10 AM-tots, &amp; toast</p> <p>PM-goldfish, juice <b>WGR</b></p>
<p>13 AM-quesadillas, apples</p> <p>PM-string cheese, crackers <b>WGR</b></p>	<p>14 AM- cereal, peaches</p> <p>PM- graham crackers, applesauce</p>	<p>15 AM-sausage, peaches</p> <p>PM- pretzels, juice</p>	<p>16 AM-muffins, applesauce</p> <p>PM- wheat thins, apples <b>WGR</b></p>	<p>17 AM-waffles, mixed fruit</p> <p>PM- goldfish, juice</p>
<p>20 AM-cereal, strawberries</p> <p>PM-sliced cheese, wheat thins <b>WGR</b></p>	<p>21 AM- waffles, oranges</p> <p>PM-goldfish, juice</p>	<p>22 AM- sausage dogs, cantaloupe</p> <p>PM-string cheese, crackers</p>	<p>23 AM- tots, &amp; toast</p> <p>PM- cereal, applesauce <b>WGR</b></p>	<p>24 AM- sausage, mixed fruit</p> <p>PM- pretzels, juice</p>
<p>27 AM-tots, &amp; toast</p> <p>PM- goldfish, juice <b>WGR</b></p>	<p>28 AM-quesadilla, pears</p> <p>PM-cereal, yogurt <b>WGR</b></p>	<p>29 AM-sausage dogs, cantaloupe</p> <p>PM-string cheese, crackers</p>	<p>30 AM- waffle, peaches</p> <p>PM- pretzels, juice</p>	<p>31 AM- sausage, oranges</p> <p>PM-wheat thins, apples <b>WGR</b></p>

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

<b>Child and Adult Care Food Program Snack</b> [Select two of the five components for a reimbursable meal]			
<b>Food components and food items<sup>1</sup></b>	<b>Minimum Quantities</b>		
	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
Fluid Milk <sup>3</sup>	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 <sup>4</sup>	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 <sup>5</sup>	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 <sup>6</sup>	1/2 cup	1/2 cup	3/4 cup
Fruits <sup>6</sup>	1/2 cup	1/2 cup	3/4 cup
Grains (oz. eq.) <sup>7 8 9</sup>	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent

# July 2026 Lunch



Mon	Tue	Wed	Thu	Fri
<p><i>MENU IS SUBJECT TO CHANGE</i></p> <p><i>MILK IS SERVED FOR LUNCH</i></p>	<p><i>WGR- WHOLE GRAIN RICH</i></p>	<p><i>1</i></p> <p><i>Egg salad sandwich, oranges, corn</i></p> <p><b>WGR</b></p>	<p><i>2</i></p> <p><i>Tacos, corn, watermelon</i></p> <p><b>WGR</b></p>	<p><i>3</i></p>
<p><i>6</i></p> <p><i>Spaghetti, with ground beef, green beans, apples, toast</i></p> <p><b>WGR</b></p>	<p><i>7</i></p> <p><i>Tuna Salad, carrot sticks, oranges</i></p> <p><b>WGR</b></p>	<p><i>8</i></p> <p><i>Fish sticks, tator tots, cantaloupe</i></p>	<p><i>9</i></p> <p><i>Mini ground beef nachos, green beans, cantaloupe</i></p> <p><b>WGR</b></p>	<p><i>10</i></p> <p><i>Chicken nugget, tater tots, apples</i></p>
<p><i>13</i></p> <p><i>Meatball sandwiches, green beans, oranges</i></p>	<p><i>14</i></p> <p><i>Fish sticks, tator tots, cantaloupe</i></p>	<p><i>15</i></p> <p><i>Bean &amp; Cheese burrito, corn, apples</i></p> <p><b>WGR</b></p>	<p><i>16</i></p> <p><i>Chicken noodle casserole, green beans, oranges</i></p>	<p><i>17</i></p> <p><i>Turkey and cheese sandwich, carrot sticks, cantaloupe</i></p> <p><b>WGR</b></p>
<p><i>20</i></p> <p><i>Egg salad sandwiches, oranges, corn</i></p> <p><b>WGR</b></p>	<p><i>21</i></p> <p><i>B.Y.O.L. Turkey, cheese, wheat thins, carrots, apples</i></p> <p><b>WGR</b></p>	<p><i>22</i></p> <p><i>Chili dogs, tots, oranges</i></p>	<p><i>23</i></p> <p><i>Mini ground beef nachos, green beans, cantaloupe</i></p> <p><b>WGR</b></p>	<p><i>24</i></p> <p><i>Tuna Sandwiches, carrots, apples</i></p> <p><b>WGR</b></p>
<p><i>27</i></p> <p><i>Spaghetti, with ground beef, broccoli, apples</i></p>	<p><i>28</i></p> <p><i>Chicken noodle casserole, green beans, cantaloupe</i></p>	<p><i>29</i></p> <p><i>Chicken salad sandwich, carrots, watermelon</i></p> <p><b>WGR</b></p>	<p><i>30</i></p> <p><i>Bean and cheese burrito, corn, oranges</i></p> <p><b>WGR</b></p>	<p><i>31</i></p> <p><i>Tacos, corn, watermelon</i></p> <p><b>WGR</b></p>

**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).