

February 2026

1% with milk is served with lunch

Juices are always 100% fruit juice

Water is always available throughout the day

MENU SUBJECT TO CHANGE DEPENDING UPON AVAILABILITY

First Steps 4K
Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
1	Mac and cheese Green beans Carrots Milk	2 Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	3 Hot slider sandwich or meatloaf Corn, Peas Milk	4 Fish Fillets WW Pasta/tomato sauce Sweet potatoes, peas Milk	5 Chicken nuggets Fresh broccoli/Ranch dressing Apple, milk	6 7
8	Mac and cheese Green beans Carrots Milk	9 Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	10 Mac and Cheese Chicken, Pasta Corn, Peas Milk	11 2/9	12 Meatballs/gravy White Potatoes Green beans Milk	13 14
15	Mac and cheese Green beans Carrots Milk	16 Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	17 Hot slider sandwich or meatloaf Corn, Peas Milk	18 Fish Fillets WW Pasta/tomato sauce Sweet potatoes, peas Milk	19 20 21	
22	Mac and cheese Green beans Carrots	23 Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	24 Chicken, Pasta Corn, Peas Milk	25 26 Meatballs/gravy White Potatoes Green beans Milk	27 28 Chicken nuggets Fresh broccoli/Ranch dressing Apple, milk	

4K Breakfast Menu

The kitchen closes at 8:15 for breakfast service. If your child arrives after this time, your child may be offered a cereal bar or bowl of cereal. 4K class starts promptly.

1% white milk is served with breakfast

Juices are always 100% fruit juice

Water is always available throughout the day.

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	Monday	Tuesday	Wednesday	Thursday	Friday		
1	WW/WG cereal bowl milk fruit juice fruit	2 WW toast/cheese squares milk fruit	3 Pancake/applesauce milk orange	4 WG oatmeal/WW toast milk fruit	5 WW/WG cereal bowl milk fruit juice fruit	6	7
8	WW/WG cereal bowl milk fruit juice fruit	9 WW toast/cheese squares milk fruit	10 Pancake/applesauce milk orange	11 WG oatmeal/WW toast milk fruit	12 WW/WG cereal bowl milk fruit juice fruit	13	14
15	WW/WG cereal bowl milk fruit juice fruit	16 WW toast/cheese squares milk fruit	17 Pancake/applesauce milk orange	18 Greek yogurt/WW toast milk fruit	19 WW/WG cereal bowl Milk Fruit juice fruit	20	21
22	WW/WG cereal bowl milk fruit juice fruit	23 WW toast/cheese squares milk fruit	24 Pancake/applesauce milk orange	25 WG oatmeal/WW toast milk fruit	26 WW/WG cereal bowl milk fruit juice fruit	27	28

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SNACK MENU

Snacks are served with 4 oz. milk or 4 oz. 100% juice, and water is always available.
2 oz. portions of yogurt are served in combination with other food servings. Two or more servings of dairy or grain-rich foods or protein or fruits or vegetables are served with snacks each day.

MENU SUBJECT TO CHANGE DEPENDING UPON AVAILABILITY

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	AM Cheese and saltines PM Penguin crackers/juice 4K Penguin crackers/water	2 AM WW/WG cereal bowl PM+4K Ritz/juice	3 AM WG corn chips/salsa PM+4K Pretzels/juice	4 AM WG graham/s/milk PM+4K Saltines/juice	5 AM Fruit or yogurt PM WW/WG cereal/milk 4K WG corn chips/water	6 7
8	AM Cheese and saltines PM Penguin crackers/juice 4K Penguin crackers/water	9 AM WW/WG cereal bowl PM+4K Ritz/juice	10 AM WG corn chips/salsa PM+4K Pretzels/juice	11 AM WG graham/s/milk PM+4K Saltines/juice	12 VALENTINE SNACKS AM Fruit or yogurt PM WW/WG cereal/milk 4K WG corn chips/water	13 14
15	AM Cheese and saltines PM Penguin crackers/juice 4K Penguin crackers/water	16 AM WW/WG cereal bowl PM+4K Ritz/juice	17 AM WG corn chips/salsa PM+4K Pretzels/juice	18 AM WG graham/s/milk PM+4K Saltines/juice	19 AM Fruit or yogurt PM WW/WG cereal/milk 4K WG corn chips/water	20 21
22	AM Cheese and saltines PM Penguin crackers/juice 4K Penguin crackers/water	23 AM WW/WG cereal bowl PM+4K Ritz/juice	24 AM WG corn chips/salsa PM+4K Pretzels/juice	25 AM WG graham/s/milk PM+4K Saltines/juice	26 AM Fruit or yogurt PM WW/WG cereal/milk 4K WG corn chips/water	27 28