

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 AVAILIBTY

First Steps 4K

Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	6	7
	Mac and cheese Green beans Carrots Milk	Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	Hot slider sandwich or meatloaf Corn, Peas Milk	Fish Fillets WW Pasta/tomato sauce Sweet potatoes, peas Milk	Chicken nuggets Fresh broccoli/Ranch dressing Apple, milk	
8	9	10	11	12	13	14
	Mac and cheese Green beans Carrots Milk <i>on 2/11</i>	Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	Mac and Cheese Chicken, Pasta Corn, Peas Milk <i>2/9</i>	Meatballs/gravy White Potatoes Green beans Milk	Chicken nuggets Fresh broccoli/Ranch dressing Apple, milk	
15	16	17	18	19	20	21
	Mac and cheese Green beans Carrots Milk	Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	Hot slider sandwich or meatloaf Corn, Peas Milk	Fish Fillets WW Pasta/tomato sauce Sweet potatoes, peas Milk	Chicken nuggets Fresh broccoli/Ranch dressing Apple, milk	
22	23	24	25	26	27	28
	Mac and cheese Green beans Carrots	Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	Chicken, Pasta Corn, Peas Milk	Meatballs/gravy White Potatoes Green beans Milk	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
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
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
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	2	3	4	5	6	7
	AM Cheese and saltines PM Penguin crackers/juice 4K Penguin crackers/water	AM WW/WG cereal bowl PM+4K Ritz/juice	AM WG corn chips/salsa PM+4K Pretzels/juice	AM WG grahams/milk PM+4K Saltines/juice	AM Fruit or yogurt PM WW/WG cereal/milk 4K WG corn chips/water	
8	9	10	11	12	13	14
	AM Cheese and saltines PM Penguin crackers/juice 4K Penguin crackers/water	AM WW/WG cereal bowl PM+4K Ritz/juice	AM WG corn chips/salsa PM+4K Pretzels/juice	AM WG grahams/milk PM+4K Saltines/juice	VALENTINE SNACKS AM Fruit or yogurt PM WW/WG cereal/milk 4K WG corn chips/water	
15	16	17	18	19	20	21
	AM Cheese and saltines PM Penguin crackers/juice 4K Penguin crackers/water	AM WW/WG cereal bowl PM+4K Ritz/juice	AM WG corn chips/salsa PM+4K Pretzels/juice	AM WG grahams/milk PM+4K Saltines/juice	AM Fruit or yogurt PM WW/WG cereal/milk 4K WG corn chips/water	
22	23	24	25	26	27	28
	AM Cheese and saltines PM Penguin crackers/juice 4K Penguin crackers/water	AM WW/WG cereal bowl PM+4K Ritz/juice	AM WG corn chips/salsa PM+4K Pretzels/juice	AM WG grahams/milk PM+4K Saltines/juice	AM Fruit or yogurt PM WW/WG cereal/milk 4K WG corn chips/water	