



BREAKFAST/SNACK - GSRP/CHILD CARE Sept 2026 - Jan 2027

4 Week Cycle Menu - follow calendar on the right

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey Cheerios	Blueberry Muffin	Bagel w/Jelly or Cream Cheese	Cinnamon Toast Crunch (Reduced Sugar)	Strawberry Oatmeal Bar
Diced Peaches	Mandarin Oranges	Applesauce	Banana	Mixed Fruit Cup
Milk	Milk	Milk	Milk	Milk
Snack: Goldfish Cracker (CH)	Snack: Cheese Stick	Snack: Cornbread Snack Loaf	Snack: Diced Pears	Snack: Yogurt Cup
Milk	Juice	Milk	Milk	Juice
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Chex	Apple Breakfast Bar	Croissant with Jelly	Rice Chex	Banana Loaf
Diced Pineapple	Diced Pears	Banana	Diced Peaches	Applesauce
Milk	Milk	Milk	Milk	Milk
Snack: Bug Bites Grahams	Snack: Yogurt Cup	Snack: Goldfish Crackers	Snack: Apple Slices	Snack: Diced Peaches
Milk	Juice	Milk	Milk	Milk
WEEK 3 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey Cheerios	Strawberry Oatmeal Bar	Bagel w/Jelly or Cream Cheese	Cinnamon Toast Crunch (Reduced Sugar)	Blueberry Muffin
Diced Peaches	Applesauce	Mixed Fruit Cup	Banana	Mandarin Oranges
Milk	Milk	Milk	Milk	Milk
Snack: Goldfish Cracker (CH)	Snack: Cheese Stick	Snack: Cornbread Snack Loaf	Snack: Mixed Fruit	Snack: Yogurt Cup
Milk	Juice	Milk	Milk	Juice
WEEK 4 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Chex	Banana Loaf	Croissant with Jelly	Rice Chex	Apple Breakfast Bar
Diced Pears	Diced Pineapple	Banana	Sliced Apples	Mixed Fruit Cup
Milk	Milk	Milk	Milk	Milk
Snack: Bug Bites Grahams	Snack: Yogurt Cup	Snack: Goldfish Crackers	Snack: Seasonal Fresh Fruit	Snack: Diced Pears
Milk	Juice	Milk	Milk	Milk

Early Headstart Meal Pattern

Meat/Protein 1/2 oz. eq. optional 3x/week

Fruit 1/8 cup } 1/4 cup
Vegetable 1/8 cup } total

Grains 1/2 oz. eq.

Milk 1/2 cup

1% Milk

Headstart Meal Pattern

Meat/Protein 1/2 oz. eq. optional 3x/week

Fruit 1/4 cup } 1/2 cup
Vegetable 1/4 cup } total

Grains 1/2 oz. eq.

Milk 3/4 cup

1% Milk

M	T	W	TH	F
SEPTEMBER 2026				
				NS
NS	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		
OCTOBER 2026				
			1	2
5	6	7	8	9
NS	13	14	15	16
19	20	21	22	23
26	27	28	29	NL
NOVEMBER 2026				
NS	NS	4	5	6
9	10	11	NS	NS
16	17	18	19	20
23	24	NS	NS	NS
30				
DECEMBER 2026				
	1	2	3	4
7	8	9	10	NL
14	15	16	17	18
NS	NS	NS	NS	NS
NS	NS	NS	NS	
JANUARY 2027				
				NS
4	5	6	7	8
11	12	13	14	15
NS	19	20	21	NL
25	26	27	28	29

NS = No School

NL = Half Day