

OCTOBER 2026

Kulia School Age Care Program

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast				Lunch				Snack			
1-2	3-5	6+		1-2	3-5	6+		1-2	3-5	6+	
Milk	1/2 cp	3/4 Cp	1cp	Milk	1/2 cp	3/4 cp	1cp	Milk	1/2cp	3/4cp	1cp
Grain	1/2oz.	1/2oz. Eq.	1 oz. Eq.	Grain	1/2 oz.	1/2 oz. Eq.	1 oz. Eq.	Grain	1/2 oz.	1/2 oz. Eq.	1 oz. Eq.
Fruit	1/2 oz.	1/2 oz. Eq.	1 oz. Eq.	Fruit	1/2 oz.	1/2 cp.	1/2 cp.	Fruit	1/2 oz.	1/2 cp.	3/4cp
				Vegetables	1/4 cp	1/2 cp.	1/2 cp.	Meat	1 oz.	1.5 oz.	2 oz.
				Meat	1oz	1.5 oz.	2 oz.				

Waffles, Blueberries, Milk

1

Graham Crackers, Yogurt, Water

Pretzels, Water

Week 4

Sausage Patty, Biscuit, Melon Milk

2

Carrot Sticks w/Ranch, Whole Grain Ritz Cracker, Water

Cheese Nips, Water

Kix Cereal, Pears, Milk

5

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Grahams, Water

Week 5

Bagel w/Cream Cheese, Pineapple Chunks, Milk

6

Egg Salad on Whole Grain Bread, Apple Juice

Whole Grain Ritz Crackers, Water

Scrambled Eggs w/Cheese, Mandarin Oranges, Whole Grain Tortilla, Milk

7

Blueberry Muffin, Grape Juice

Cheese Nips, Water

Multi-Grain Cheerios, Strawberries, Milk

8

Breadsticks, w/Marinara, Cheese Stick, Water

Graham Cracker, Water

Whole Grain Toast, w/Sunflower, Butter, Banana, Milk

9

Swirl Bread, w/Cream Cheese, Grape Juice

Saltine Crackers, Water

Kix Cereal, Mandarin Oranges, Milk

12

Teddy Graham, Water

Swirl Bread, Water

Week 1

Whole Grain Cinnamon Toast, Applesauce, Milk

13

Wheat Tins, Cheese Stick, Water

Saltine Crackers, Water

French Toast Sticks, mixed Fruit, Milk

14

Sunflower Butter & Jelly on Whole Grain Tortilla, Milk

Goldfish Cracker, Water

Sausage Patty Biscuit, Blueberries, Milk

15

Ham & Cheese, Tea Roll, Water

Cheese Nips, Water

English Muffins w/Cheese, Pineapple, Milk

16

Bagel w/Cream Cheese, Grape Juice

Vanilla Wafers, Water

Multi-Grain Cheerios, Peaches, Milk

19

Pretzels, Cheese Sticks, Water

Chicken N Biskit Crackers, Water

Week 2

Raisin Bread w/Cream Cheese, Banana, Milk

20

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Ritz Crackers, Water

Oatmeal, Mandarin Oranges, Milk

21

Cheese Nips, Mixed Fruit, Water

Vanilla Wafers, Water

Scrambled Eggs & Cheese, Pear, Whole Grain Toast, Milk

22

Banana Muffin, Milk

Wheat Thins, Water

Waffles, Strawberries, Milk

23

Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, Water

Graham Crackers, Water

Kix Cereal, Apple Slices, Milk

26

Swirl Bread W/Cream Cheese, Apple Juice

Wheat Thins, Water

Week 3

English Muffins W/Jelly, Pineapple, Milk

27

Teddy Grahams, Mixed Fruit, Water

Goldfish Crackers, Water

Yogurt, Granola, Blueberries, Milk

28

Turkey & Cheese on Whole Grain Tortilla, Water

Assorted Crackers, Water

Hardboiled Egg, Whole Grain Toast, w/Jelly, Orange slices, Milk

29

Breadsticks w/Marinara, Cheese Stick, Water

Vanilla Wafer, Water

Whole Grain Cinnamon Toast, Banana, Water

30

Chicken N Biskit Crackers, Watermelon, Water

Cheese Nips, Water