

SEPTEMBER 2026

Kulia School Age Care Program

MARINE & Family
Child and Youth Programs

En-

Monday

Tuesday

Wednesday

Thursday

Friday

Bagel w/Cream Cheese, Pineapple Milk **1**

Egg Salad Sandwich on Whole Grain Bread, Apple

Whole Grain Ritz Crackers, Water
Week 5

Scrambled Eggs w/Cheese, Mandarin Oranges, Whole Grain Tortilla, Milk **2**

Blueberry Muffin, Grape Juice

Cheese Nips, Water

Multi Grain Cheerios, Strawberries, Milk **3**

Breadsticks w/Marinara, Cheese Stick, Water

Graham Crackers, Water

Whole Grain Toast w/sunflowers Butter, Banana, Milk **4**

Swirl Bread w/Cream Cheese, Grape Juice

Saltine Crackers, Water

Kix Cereal, Mandarin Oranges, Milk **7**

Teddy Grahams, Grapes, Water

Swirl Bread, Water
Week 1

Whole Grain Cinnamon Toast, Applesauce, Milk **8**

Wheat Thins, dried fruit, Cheese Sticks, Water

Saltine Crackers, Water

French Toast Sticks, Mixed Fruit, Milk **9**

Sunflower Butter & Jelly on Whole Grain Tortilla, Milk

Goldfish Crackers, Water

Sausage Patty Biscuit, Blueberry, Milk **10**

Ham & Cheese Tea Roll, Water

Cheese Nips, Water

English Muffins w/Cheese, Pineapple, Milk **11**

Bagel w/Cream Cheese, Grape Juice

Vanilla Wafer, Water

Multi- Grain Cheerios, Peaches, Milk **14**

Pretzels, Cheese Sticks, Water

Chicken N Biskit Crackers, Water
Week 2

Raisin Bread w/Cream Cheese, Banana, Milk **15**

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Ritz Crackers, Water

Oatmeal, Mandarin Oranges, Milk **16**

Cheese Nips, Mixed Fruit, Water

Vanilla Wafers, Water

Scrambled Eggs & Cheese, Pears, Whole Grain Toast, Milk **17**

Banana Muffin, Milk

Wheat Thins, Water

Waffles, Strawberries, Milk **18**

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

Graham Crackers, Water

Kix Cereal, Apple Slices, Milk **21**

Swirl Bread w/Cream Cheese, Apple Juice

Wheat Thins, Water
Week 3

English Muffin w/Jelly, Pineapple, Milk **22**

Teddy Graham, Mixed Fruit, Water

Goldfish Crackers, Water

Yogurt, Granola, Blueberries, Milk **23**

Turkey & Cheese on Whole Grain Tortilla, Water

Assorted Crackers, Water

Hardboiled Egg, Whole Grain Toast w/Jelly, Orange Slices, Milk **24**

Breadsticks w/Marinara, Cheese Stick, Water

Vanilla Wafers, Water

Whole Grain Cinnamon Toast, Banana, Milk **25**

Chicken N Biskit Crackers, Watermelon, Water

Cheese Nip, Water

Multi Grain Cheerios, Mixed Fruit, Milk **28**

Saltine Crackers, Cheese & Ham Slices, Water

Chicken N Biskit Crackers, Water
Week 4

French Toast Sticks, Mandarin Oranges, Milk **29**

Sunflower Butter & Jelly on Whole Grain Tortilla, Milk

Saltine Cracker, Water

Oatmeal, Apple Slices, Milk **30**

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Goldfish Crackers, Water

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

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