

# AUGUST 2026

## Kulia School Age Care Program

### Monday

**Kix Cereal**, Mandarin Oranges, Milk **3**

Teddy Grahams, Grapes Water

Swirl Bread, Water Week 1

**Multi- Grain Cheerios**, Peaches, Milk **10**

Pretzel, Cheese Sticks, Milk

Chicken N Biskit Crackers, Water Week 2

**Kix Cereal**, Apple Slices, Milk **17**

Swirl Bread w/Cream Cheese, Apple Juice

Wheat Thins, Water Week 3

**Multi-Grain Cheerios**, Mixed Fruit, Milk **24**

Saltine Crackers, Cheese & Ham Slices, Water

Chicken N Biskit Crackers, Water Week 4

Kix Cereal, Pear, Milk **31**

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Graham, Water Week 5

### Tuesday

**Whole Grain Cinnamon Toast**, Applesauce, Milk **4**

Wheat Thins, Dried Fruit, Cheese Stick, Water

Saltine Crackers, Water

Raisin Bread w/Cream Cheese, Banana, Milk **11**

Egg Salad Sandwich on **Whole Grain Bread**, Apple Juice

Ritz Crackers, Water

English Muffin w/Jelly, Pineapple, Milk **18**

Teddy Graham, Mixed Fruit, Water

Goldfish Crackers, Water

English Muffin w/Cheese, Mandarin Oranges, Milk **25**

Sunflower Butter & Jelly on **Whole Grain Tortilla**, Milk

Saltine Cracker, Water

### Wednesday

French Toast Sticks, Mixed Fruit, Milk **5**

Sunflower Butter & Jelly **Whole Grain Tortilla**, Milk

Goldfish Crackers, Water

**Oatmeal**, Mandarin Oranges, Milk **12**

Cheese Nips, Mixed Fruit, Water

Vanilla Wafers, Water

Yogurt, Granola, Blueberries, Milk **19**

Turkey & Cheese on **Whole Grain Tortilla**, Milk

Assorted Crackers, Water

**Oatmeal**, Apples Slices, Milk **26**

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Goldfish Crackers, Water

### Thursday

Sausage Patty Biscuit, Blueberries, Milk **6**

Ham & Cheese **Tea Roll**, Water

Cheese Nips, Water

Scrambles Eggs & Cheese, Pears, **Whole Grain Toast**, Milk **13**

Banana Muffin, Milk

Wheat Thins, Water

Hardboiled Egg, **Whole Grain Toast** w/Jelly, Oranges Slices, Milk **20**

Breadsticks w/Marinara, Cheese Stick, Water

Vanilla Wafers, Water

Waffles, Blueberries, Milk **27**

**Graham Crackers**, Yogurt, Water

Pretzels, Water

### Friday

**English Muffins** w/Cheese, Pineapple, Milk **7**

Bagel w/Cream Cheese, Grape Juice

Vanilla Wafer, Water

Waffles, Strawberries, Milk **14**

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

**Graham Crackers**, Water

**Whole Grain Cinnamon Toast**, Banana, Water **21**

Chicken N Biskit Crackers, Watermelon, Water

Cheese Nips, Water

Sausage Patty Biscuit, Melon, Milk **28**

Carrot Stick w/Ranch **Whole Grain Ritz Crackers**, Water

Cheese Nips, Water

### Meal Pattern

#### Breakfast

| Ages  | 1-2         | 3-5         | 6+        |
|-------|-------------|-------------|-----------|
| Milk  | 1/2 cup     | 3/4 cup     | 1 cup     |
| Grain | 1/4 oz. eq. | 1/2 oz. eq. | 1 oz. eq. |
| Fruit | 1/4 cup     | 1/2 cup     | 1/2 cup   |

#### Lunch

| Ages      | 1-2         | 3-5         | 6+        |
|-----------|-------------|-------------|-----------|
| Milk      | 1/2 cup     | 3/4 cup     | 1 cup     |
| Grain     | 1/2 oz. eq. | 1/4 oz. eq. | 1 oz. eq. |
| Fruit     | 1/4 cup     | 1/2 cup     | 1/2       |
| Vegetable | 1/4 cup     | 1/2 cup     | 3/4 cup   |

#### Snack

| Ages      | 1-2         | 3-5         | 6+      |
|-----------|-------------|-------------|---------|
| Milk      | 1/2 cup     | 3/4 cup     | 1 cup   |
| Grain     | 1/2 oz. eq. | 1/4 oz. eq. | 1 oz.   |
| Fruit     | 1/4 cup     | 1/2 cup     | 1/2     |
| Vegetable | 1/4 cup     | 1/2 cup     | 3/4 cup |