

AUGUST 2026

Child Development Center

MARINE & Family
Child and Youth Programs

Monday

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

Chicken Nuggets, Brown Rice, Corn/Carrots, Pineapple Chunks, Milk

Ritz Crackers, Sliced Cheese, Water

Graham Crackers, Water Week 1

Cheerios, Peaches, Milk **10**

Macaroni & Cheese w/Ham, Green Beans, Mixed Fruit, Milk

Cottage Cheese, Pineapple, Water

Wheat Thins, Water Week 2

Rice Chex Cereal, Diced Pears, Milk **17**

Teriyaki Burger on Whole Grain Bun, French Fries, Mandarin Oranges, Milk

Assorted Crackers, Yogurt, Water

Wheat Thins, Water Week 3

Multi-Grain Cheerios, Diced Pears, Milk **24**

Fish Patty w/Tartar Sauce, Brown Rice, Mixed Veggie, Pineapple Chunks, Milk

Ritz Crackers, Cheese Slices, Water

Saltine Crackers, Water Week 4

Kix Cereal, Mixed Fruit, Milk **31**

Chili w/Brown Rice, Corn, Orange Slices, Milk

Saltine Crackers, Applesauce, Water

Teddy Graham, Water Week 5

Tuesday

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

Beef & Macaroni, Broccoli, Orange Slices, Milk

Bagels, Cream Cheese, Grape Juice/Milk

Saltine Crackers, Water

Yogurt & Granola, Bananas, Milk **11**

Beef/Cheese & Rigatoni, Broccoli, Peaches, Whole Grain Bread, Milk

Saltine Crackers, Melon Slices, Water

Ritz Crackers, Water

English Muffin w/Cheese, Mandarin Oranges, Milk **18**

Kalua Pork & Cabbage, Cabbage, Brown Rice, Pineapple, Milk

Graham Crackers, Cantaloupe, Water

Goldfish Crackers, Water

Oatmeal, Mixed Fruit Milk **25**

Corned Beef sandwich on Whole Grain Bread, Lettuce & Tomato, Banana, Milk

Cottage Cheese, Peaches, Water

Goldfish Cracker, Water

Wednesday

Biscuit w/Jelly, Banana, Milk **5**

Turkey Sandwich on Whole Grain Bread, Lettuce & Tomato, Cantaloupe, Milk

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water

Scrambled Eggs & Cheese, Whole Grain Tortilla, Milk **12**

Tuna Salad Sandwich on Whole Grain Bread, Cheese, Cucumber, Lettuce, Apple Slices, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

Cream of Wheat, Peaches, Milk **19**

Turkey & Cheese Sandwich on Whole Grain Bread, Lettuce & Tomato, Apple Slices & Milk

Cucumber Slices w/Ranch Dressing, Wheat Thins, Water

Assorted Crackers, Water

Rice Chex, Mandarin Oranges, Milk **26**

Chicken Strips, Brown Rice, Broccoli, Apple Slices, Milk

Goldfish Crackers, Pears, Water

Vanilla Wafers, Water

Thursday

English Muffin w/Cheese, Pineapple Milk **6**

Chicken & Brown Rice, Mixed Vegetables, Mandarin Oranges, Milk

Graham Crackers, Applesauce, Water

Cheese Nips, Water

Oatmeal, Mandarin Oranges, Milk **13**

Taco Salad, Seasoned Beef, Lettuce & Tomato, Pineapple, Tortilla Chips, Milk

Banana Muffin, Milk

Chicken N Biscuit Crackers, Water

Sweet Bread Toast, Banana, Milk **20**

Shepherd's Pie, Mashed Potatoes, Whole Grain Bread, Broccoli, Pear, Milk

Raisin Bread Cream Cheese, Apple Juice/Milk

Vanilla Wafers, Water

Waffles, Melon Slices, Milk **27**

Meat Loaf, Mashed Potatoes, Whole Grain Bread, Mixed Fruit, Milk

Graham Crackers, Yogurt, Water

Cheese Nips, Water

Friday

Coen Chex Cereal, Peaches, Milk **7**

Grilled Ham & Cheese on Whole Grain Bread, Pear Slices, Veggie Sticks, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafer, Water

Waffles, Applesauce, Milk **14**

Teriyaki Chicken, Brown Rice, Mixed Vegetable, Mixed Fruit, Milk

Carrot Sticks w/Ranch, Wheat Thins, Water

Graham Crackers, Water

French Toast, Applesauce, Milk **21**

Egg Salad Sandwich on Whole Grain Bread, Lettuce & Tomato, Orange Slices, Milk

Chic 'n' Biscuit Crackers, Melon Slices, Water

Cheese Nips, Water

Raisin Bread, Cream Cheese, Banana Milk **28**

Ham & Cheese Wrap with Whole Grain Tortilla, Lettuce & Tomato, Orange Slices, Milk

Carrot Stick w/Ranch Dressing, Wheat Thins, Water

Chicken N Biscuit Crackers, Water

Meal Pattern

Breakfast

Ages	1-2	3-5	6+
Milk	1/2 cup	3/4 cup	1 cup
Grain	1/2 oz.	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.	1/2 oz. eq.	1 oz. eq.
Fruit	1/4 cup	1/2 cup	1/2 cup
Vegetable	1/4 cup	1/2 cup	1/2 cup
Meat	1oz	1.5oz	2oz

Snack

Ages	1-2	3-5	6+
Milk	1/2 cup	3/4 cup	1 cup
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
Fruit	1/4 cup	1/2 cup	1/2 cup
Meat	1oz	1.5oz	2oz

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