

Divine Nurture Master Menu

April 2026 - June 2026



Menu Serves 1 - 5 year olds	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Serving Sizes 3 - 5 year olds	Weeks 1, 6, 11									
Grains: 0.5 oz eq required	WGR Bagel, 2 oz	1/2 each 1 oz eq	WGR Rice Chex Cereal, 1 oz	1 each 0.75 oz eq	WGR English Muffin, 2 oz	1/2 each 0.75 oz eq	WGR Kix Cereal, 0.63 oz	1 each 0.5 oz eq	WGR French Toast, 1.17 oz	1 each 0.5 oz eq
Vegetables/Fruits: 1/2 cup	Peaches, 4.5 oz	1 each 1/2 cup eq	Fresh Pear	1 each 1/2 cup eq	Fresh Apple	1 each 1/2 cup eq	Peaches, 4.5 oz	1 each 1/2 cup eq	Applesauce, 4.5 oz	1 each 1/2 cup eq
Other Foods	Strawberry Cream Cheese	1 each			Turkey Sausage Patty	1 each				
Meat/Meat Alternate: 1.5 oz	Chopped Steak w/Brown Gravy	1 each 2 oz MMA	Chicken Paella	3/4 cup 2 oz MMA	WGR Cheese Pizza	1 each 2 oz MMA	Honey Glazed Meatballs, 1oz (Beef/Chicken)	3 each 1.75 oz MMA	Beef Patty, 3 oz	1 each 2 oz MMA
Grains: 0.5 oz eq required	WGR Dinner Roll, 1.25 oz	1 each 1 oz eq	<i>Brown Rice in entrée</i>	1/4 cup 0.5 oz eq	<i>WGR Pizza Crust</i>	1 each 2 oz eq	Brown Rice	1/4 cup 0.5 oz eq	WGR Hamburger Bun	1 each 2 oz eq
Vegetables/Fruits: 1/4 cup	Potatoes w/Gravy	1/4 cup	Whole Kernel Corn	1/4 cup	Green Peas	1/4 cup	Broccoli	1/4 cup	Potato Wedges	1/4 cup
Vegetables/Fruits: 1/4 cup	Green Beans	1/4 cup	Applesauce	1/4 cup	Fresh Orange	1/2 each 1/4 cup eq	Carrots	1/4 cup	Diced Peaches	1/4 cup
Other Foods									Ketchup	2 each
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Milk	4 oz	Unsalted Crackers	2 packs 0.8 oz eq	Strawberry Yogurt, 4 oz	1 each	Cheddar Cheese	1 slice 0.75 oz eq	Turkey Breast Slice	1 slice 0.5 oz eq
	WGR Blueberry Muffin, 1.8 oz	1 each 1 oz eq	Peaches, 4.5 oz	1 each 1/2 cup eq	WGR Graham Crackers, 2 ct	1 pkt 0.5 oz eq	Fresh Apple	1 each 1/2 cup eq	WGR Bread, 26g	1 each 0.75 oz eq
	Weeks 2, 7, 12									
Grains: 0.5 oz eq required	WGR Kix Cereal, 0.63 oz	1 each 0.5 oz eq	WGR Biscuit, 2 oz	1/2 each 1 oz eq	WGR Waffle, 1.3 oz	1 each 1 oz eq	WGR English Muffin, 2 oz	1/2 each 0.75 oz eq	WGR Rice Chex Cereal, 1 oz	1 each 1 oz eq
Vegetables/Fruits: 1/2 cup	Pears, 4.5 oz	1 each 1/2 cup eq	Fresh Orange	1 each 1/2 cup eq	Fresh Apple	1 each 1/2 cup eq	Applesauce, 4.5 oz	1 each 1/2 cup eq	Fresh Pear	1 each 1/2 cup eq
Other Foods			Turkey Sausage Patty	1 each			Strawberry Cream Cheese	1 each		
Meat/Meat Alternate: 1.5 oz	Cheesy Omelet, 3 oz	1 each 2.5oz MMA	Chicken Nuggets	4 each 1.6 oz MMA	Build a Taco: Beef/Turkey Taco Meat	2 oz 2 oz MMA	Turkey Tetrazzini	3/4 cup 1.8 oz MMA	Smothered Meatballs, 1 oz (Beef/Chicken)	3 each 1.75 oz MMA
Grains: 0.5 oz eq required	WGR Bread, 26g	1 each 0.75 oz eq	<i>WGR Breading on Chicken</i>	0.8 oz eq	WGR Flour Tortilla, 31g	1 each 1 oz eq	<i>WGR Pasta in entrée</i>	0.5 oz eq	WGR Dinner Roll, 1.25 oz	1 each 1 oz eq
Vegetables/Fruits: 1/4 cup	Tater Tots	1/4 cup	Broccoli	1/4 cup	Pinto Beans	1/4 cup	Green Peas	1/4 cup	Potatoes w/Gravy	1/4 cup
Vegetables/Fruits: 1/4 cup	Peaches	1/4 cup	Applesauce	1/4 cup	Pears	1/4 cup	Fresh Orange	1/2 each 1/4 cup eq	Carrots	1/4 cup
Other Foods	Ketchup	1 each	BBQ Sauce	1 each	Taco Sauce	1 each				
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Applesauce, 4.5 oz	1 each 1/2 cup eq	Cheddar Cheese	1 slice 0.75 oz eq	Strawberry Yogurt, 4 oz	1 each	Turkey Breast Slice	1 slice 0.5 oz eq	Milk	4 oz
	WGR Goldfish Crackers, .75 oz	1 each 1 oz eq	Fresh Pear	1 each 1/2 cup eq	WGR Graham Crackers, 2 ct	1 pkt 0.5 oz eq	WGR Bread, 26g	1 each 0.75 oz eq	WGR Banana Muffin, 1.8 oz	1 each 1 oz eq
	Weeks 3, 8, 13									
Grains: 0.5 oz eq required	WGR French Toast, 1.17 oz	1 each 0.5 oz eq	WGR Bagel, 2 oz	1/2 each 1 oz eq	WGR Cheerios Cereal, 1 oz	1 each 1 oz eq	WGR Biscuit, 2 oz	1/2 each 1 oz eq	WGR Kix Cereal, 0.63 oz	1 each 0.5 oz eq
Vegetables/Fruits: 1/2 cup	Applesauce, 4.5 oz	1 each 1/2 cup eq	Fresh Pear	1 each 1/2 cup eq	Fresh Orange	1 each 1/2 cup eq	Fresh Apple	1 each 1/2 cup eq	Fresh Orange	1 each 1/2 cup eq
Other Foods			Strawberry Cream Cheese	1 each			Turkey Sausage Patty	1 each		
Meat/Meat Alternate: 1.5 oz	WGR Chicken Tenders, 1.13oz	3 each 2 oz MMA	Salisbury Steak, 3 oz	1 each 2 oz MMA	Build a Pasta Bowl: Marinara Chicken Meatballs, 1 oz	3 each 2 oz MMA	Breaded Chicken, 3.29 oz	1 each 2 oz MMA	Bean & Cheese Burrito, 5.45oz	1 each 2 oz MMA
Grains: 0.5 oz eq required	<i>WGR Breading on Chicken</i>	1 oz eq	WGR Dinner Roll, 1.25 oz	1 each 1 oz eq	WGR Pasta	1/4 cup 0.5 oz eq	<i>WGR Breading on Chicken</i>	1 oz eq	<i>WGR Tortilla in entrée</i>	2 oz eq
Vegetables/Fruits: 1/4 cup	Potato Smiles	1/4 cup	Potatoes w/Gravy	1/4 cup	Tossed Salad	1/2 cup 1/4 cup eq	Green Peas	1/4 cup	Carrots	1/4 cup
Vegetables/Fruits: 1/4 cup	Broccoli	1/4 cup	Green Beans	1/4 cup	Fresh Pear	1/2 each 1/4 cup eq	Peaches	1/4 cup	Pears	1/4 cup
Other Foods	Ketchup	2 each			Ranch Salad Dressing	1 each	BBQ Sauce	1 each	Taco Sauce	1 each
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Turkey Breast Slice	1 slice 0.5 oz eq	Milk	4 oz	Strawberry Yogurt, 4 oz	1 each	Cheddar Cheese	1 slice 0.75 oz eq	Fresh Apple	1 each 1/2 cup eq
	WGR Bread, 26g	1 each 0.75 oz eq	WGR Choc Chip Muffin, 1.8 oz	1 each 1 oz eq	WGR Graham Crackers, 2 ct	1 pkt 0.5 oz eq	Unsalted Crackers	2 packs 0.8 oz eq	WGR Goldfish Crackers, .75 oz	1 each 1 oz eq
	Weeks 4, 9									
Grains: 0.5 oz eq required	WGR Bagel, 2 oz	1/2 each 1 oz eq	WGR Cheerios Cereal, 1 oz	1 each 1 oz eq	WGR Biscuit, 2 oz	1/2 each 1 oz eq	WGR Kix Cereal, 0.63 oz	1 each 0.5 oz eq	WGR French Toast, 1.17 oz	1 each 0.5 oz eq
Vegetables/Fruits: 1/2 cup	Peaches, 4.5 oz	1 each 1/2 cup eq	Fresh Orange	1 each 1/2 cup eq	Fresh Apple	1 each 1/2 cup eq	Fresh Pear	1 each 1/2 cup eq	Applesauce, 4.5 oz	1 each 1/2 cup eq
Other Foods	Strawberry Cream Cheese	1 each			Turkey Sausage Patty	1 each				
Meat/Meat Alternate: 1.5 oz	Beef/Turkey Calabacitas	3/4 cup 2 oz MMA	Macaroni & Cheese	3/4 cup 2 oz MMA	Build a Salad: Diced Chicken	2 oz 2 oz MMA	Beef Spaghetti Sauce	2 oz 2 oz MMA	Orange Glazed Popcorn Chicken, 10g	9 each 1.5 oz MMA
Grains: 0.5 oz eq required	WGR Flour Tortilla, 31g	1 each 1 oz eq	<i>WGR Pasta in Entrée</i>	1/2 cup 1 oz eq	WGR Dinner Roll, 1.25 oz	1 each 1 oz eq	WGR Pasta	1/4 cup 0.5 oz eq	Brown Rice	1/4 cup 0.5 oz eq
Vegetables/Fruits: 1/4 cup	Pinto Beans	1/4 cup	Green Peas	1/4 cup	Tossed Salad	1/2 cup 1/4 cup eq	Green Beans	1/4 cup	Broccoli	1/4 cup
Vegetables/Fruits: 1/4 cup	Applesauce	1/4 cup	Fresh Pear	1/2 each 1/4 cup eq	Peaches	1/4 cup	Fresh Orange	1/2 each 1/4 cup eq	Fresh Pear	1/2 each 1/4 cup eq
Other Foods					Ranch Salad Dressing	1 each				
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Milk	4 oz	Turkey Breast Slice	1 slice 0.5 oz eq	Strawberry Yogurt, 4 oz	1 each	Cheddar Cheese	1 slice 0.75 oz eq	Peaches, 4.5 oz	1 each 1/2 cup eq
	WGR Banana Muffin, 1.8 oz	1 each 1 oz eq	WGR Bread, 26g	1 each 0.75 oz eq	WGR Graham Crackers, 2 ct	1 pkt 0.5 oz eq	Fresh Apple	1 each 1/2 cup eq	Unsalted Crackers	2 packs 0.8 oz eq
	Weeks 5, 10									
Grains: 0.5 oz eq required	WGR Rice Chex Cereal, 1 oz	1 each 1 oz eq	WGR English Muffin, 2 oz	1/2 each 0.75 oz eq	WGR Waffle, 1.3 oz	1 each 1 oz eq	WGR Bagel, 2 oz	1/2 each 1 oz eq	WGR Kix Cereal, 0.63 oz	1 each 0.5 oz eq
Vegetables/Fruits: 1/2 cup	Applesauce, 4.5 oz	1 each 1/2 cup eq	Fresh Orange	1 each 1/2 cup eq	Fresh Pear	1 each 1/2 cup eq	Fresh Orange	1 each 1/2 cup eq	Fresh Apple	1 each 1/2 cup eq
Other Foods			Strawberry Cream Cheese	1 each			Turkey Sausage Patty	1 each		
Meat/Meat Alternate: 1.5 oz	Minced Ginger Beef/Turkey	2 oz 2 oz MMA	Chicken Nuggets	4 each 1.6 oz MMA	Beef Patty	1 each 2 oz MMA	Bean & Cheese Burrito, 5.45oz	1 each 2 oz MMA	Pineapple Glazed Chicken Meatballs, 1 oz	3 each 2 oz MMA
Grains: 0.5 oz eq required	Brown Rice	1/4 cup 0.5 oz eq	<i>WGR Breading on Chicken</i>	0.8 oz eq	WGR Hamburger Bun	1 each 2 oz eq	<i>WGR Tortilla in entrée</i>	2 oz eq	WGR Pasta	1/4 cup 0.5 oz eq
Vegetables/Fruits: 1/4 cup	Whole Kernel Corn	1/4 cup	Broccoli	1/4 cup	Potato Smiles	1/4 cup	Carrots	1/4 cup	Garden Vegetables	1/4 cup
Vegetables/Fruits: 1/4 cup	Green Beans	1/4 cup	Pears	1/4 cup	Peaches	1/2 each 1/4 cup eq	Fresh Pear	1/4 cup	Fresh Orange	1/2 each 1/4 cup eq
Other Foods			BBQ Sauce	1 each	Ketchup	2 each	Taco Sauce	1 each		
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Pears, 4.5 oz	1 each 1/2 cup eq	Cheddar Cheese	1 slice 0.75 oz eq	Strawberry Yogurt, 4 oz	1 each	Milk	4 oz	Turkey Breast Slice	1 slice 0.5 oz eq
	WGR Goldfish Crackers, .75 oz	1 each 1 oz eq	Fresh Apple	1 each 1/2 cup eq	WGR Graham Crackers, 2 ct	1 pkt 0.5 oz eq	WGR Blueberry Muffin, 1.8 oz	1 each 1 oz eq	WGR Bread, 26g	1 each 0.75 oz eq

SERVED AT ALL BREAKFAST & LUNCH MEALS: 4 oz. Whole Unflavored Milk (12-23 months); 6 oz. 1% Unflavored Milk (24 months - 5 yrs).

Serve water at snack time if no other beverage is listed. SNACK: Must Serve Two of the Five Food Components Listed

MENU SUBJECT TO CHANGE

WGR = Whole Grain Rich; MMA = Meat/Meat Alternates

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