

Joyful Nurture Menu

October 2026



Menu Serves 1 - 5 year olds Serving Sizes 3 - 5 year olds	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Grains: 0.5 oz eq required	Meal Serving Times: Breakfast: 8:00 - 8:45 a.m.* Lunch: 11:30 - 12:00 p.m.* Snack: 2:30 - 3:15 p.m.* *Start time dependent on classroom						1		2	
Vegetables/Fruits: 1/2 cup							WGR Biscuit, 2 oz		WGR Kix Cereal, 0.63 oz	
Other Foods							Fresh Apple		Fresh Orange	
Meal/Meat Alternate: 1.5 oz							Turkey Sausage Patty			
Grains: 0.5 oz eq required							Beef/Chicken Meatball Stroganoff, 1 oz		Chicken Tenders, 1.13 oz	
Vegetables/Fruits: 1/4 cup							WGR Penne Pasta		WGR Breeding on Chicken	
Vegetables/Fruits: 1/4 cup							Green Peas		Tater Tots	
Other Foods							Fresh Pear		Carrots	
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz							Milk		Fresh Apple	
							WGR Choc Chip Muffin, 1.8 oz		WGR Goldfish Crackers, .75 oz	
	5		6		7		8		9	
Grains: 0.5 oz eq required	WGR Kix Cereal, 0.63 oz		WGR French Toast, 1.17 oz		WGR Biscuit, 2 oz		WGR Bagel, 2 oz		WGR Cheerios Cereal, 1 oz	
Vegetables/Fruits: 1/2 cup	Applesauce, 4 oz		Fresh Orange		Fresh Pear		Fresh Apple		Fresh Orange	
Other Foods					Turkey Sausage Patty		Strawberry Cream Cheese			
Meal/Meat Alternate: 1.5 oz	Sloppy Joe Meatballs, 1 oz (Beef/Chicken Meatballs)		Cheesy Omelet, 3 oz		Build a Salad: WGR Popcorn Chicken		Salisbury Steak, 3 oz w/Gravy		WGR Macaroni & Cheese	
Grains: 0.5 oz eq required	WGR Hot Dog Bun, 2.15 oz		WGR Bread, 26g		WGR Breeding on Chicken		WGR Bread, 26g		WGR Pasta in Entrée	
Vegetables/Fruits: 1/4 cup	Carrots		Tater Tots		Tossed Salad		Whipped Potatoes w/Gravy		Green Peas	
Vegetables/Fruits: 1/4 cup	Pears		Peaches		Fresh Orange		Green Beans		Applesauce	
Other Foods			Ketchup		Ranch Salad Dressing					
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Milk		Fresh Apple		Strawberry Yogurt, 4 oz		Cheddar Cheese		Turkey Breast Slice, 0.67 oz	
	WGR Banana Muffin, 1.8 oz		Unsalted Crackers		WGR Graham Crackers, 2 ct		Fresh Pear		WGR Bread, 26g	
	12		13		14		15		16	
Grains: 0.5 oz eq required	WGR Rice Chex Cereal, 1 oz		WGR English Muffin, 2 oz		WGR Bagel, 2 oz		WGR Waffle, 1.3 oz		WGR Kix Cereal, 0.63 oz	
Vegetables/Fruits: 1/2 cup	Mandarin Oranges, 4 oz		Fresh Pear		Fresh Apple		Fresh Orange		Fresh Apple	
Other Foods			Strawberry Cream Cheese		Turkey Sausage Patty					
Meal/Meat Alternate: 1.5 oz	Bean and Cheese Burrito, 5.45 oz		Beef Patty, 3 oz		Chicken Jambalaya		Chicken Nuggets, 0.66 oz		Spaghetti Meatsauce (Beef/Turkey)	
Grains: 0.5 oz eq required	WGR Tortilla in entrée		WGR Hamburger Bun, 61g		Brown Rice		WGR Breeding on Chicken		WGR Pasta	
Vegetables/Fruits: 1/4 cup	Broccoli		Baked Beans		Cauliflower		Potato Smiles		Green Peas	
Vegetables/Fruits: 1/4 cup	Applesauce		Sweet Potato Wedges		Fresh Orange		Mixed Vegetables		Carrots	
Other Foods	Taco Sauce		Ketchup				Ketchup			
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Pears, 4 oz		Cheddar Cheese		Strawberry Yogurt, 4 oz		Milk		Turkey Breast Slice, 0.67 oz	
	WGR Goldfish Crackers, .75 oz		Fresh Apple		WGR Graham Crackers, 2 ct		WGR Blueberry Muffin, 1.8 oz		WGR Bread, 26g	
	19		20		21		22		23	
Grains: 0.5 oz eq required	WGR Cheerios Cereal, 1 oz		WGR Biscuit, 2 oz		WGR Kix Cereal, 0.63 oz		WGR French Toast, 1.17 oz		WGR Bagel, 2 oz	
Vegetables/Fruits: 1/2 cup	Applesauce, 4 oz		Fresh Pear		Fresh Apple		Fresh Orange		Fresh Apple	
Other Foods			Turkey Sausage Patty						Strawberry Cream Cheese	
Meal/Meat Alternate: 1.5 oz	Cheese Pizza, 4.46 oz		Beef Stew		Teriyaki Chicken		Turkey Burger, 4 oz		Chopped Beef, 3 oz w/Brown Gravy	
Grains: 0.5 oz eq required	WGR Pizza Crust		Brown Rice		WGR Garlic Noodles		WGR Hamburger Bun, 61g		WGR Roll, 1.25 oz	
Vegetables/Fruits: 1/4 cup	Green Beans		Carrots		Broccoli		Tater Tots		Potatoes w/Gravy	
Vegetables/Fruits: 1/4 cup	Mandarin Oranges		Fresh Apple		Pears		Peaches		Green Peas	
Other Foods							Ketchup			
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Milk		Unsalted Crackers		Strawberry Yogurt, 4 oz		Cheddar Cheese		Turkey Breast Slice, 0.67 oz	
	WGR Blueberry Muffin, 1.8 oz		Peaches, 4 oz		WGR Graham Crackers, 2 ct		Fresh Pear		WGR Bread, 26g	
	26		27		28		29		30	
Grains: 0.5 oz eq required	WGR Kix Cereal, 0.63 oz		WGR English Muffin, 2 oz		WGR Rice Chex Cereal, 1 oz		WGR Biscuit, 2 oz		WGR Waffle, 1.3 oz	
Vegetables/Fruits: 1/2 cup	Peaches, 4 oz		Fresh Pear		Fresh Orange		Fresh Apple		Fresh Orange	
Other Foods			Turkey Sausage Patty							
Meal/Meat Alternate: 1.5 oz	Chicken Tenders, 1.13 oz		Turkey Taco Meat		Honey BBQ Garden Meatballs, 1.1 oz		Lasagna Pasta Bake		Breaded Chicken, 3.29 oz	
Grains: 0.5 oz eq required	WGR Breeding on Chicken		WGR Tortilla, 31g		<i>New!</i> WGR Soft Pretzel, 2.2 oz		WGR Pasta in entrée		WGR Breeding on Chicken	
Vegetables/Fruits: 1/4 cup	Potato Smiles		Fiesta Vegetables		Cheesy Potatoes		Broccoli		Sweet Whipped Potatoes	
Vegetables/Fruits: 1/4 cup	Applesauce		Peaches		Carrots		Fresh Pear		Green Beans	
Other Foods	Ketchup		Taco Sauce						BBQ Sauce	
Milk/Yogurt: 4 oz; Grains: 0.5 oz; Veggie/Fruit: 1/2 cup; MMA: 1/2 oz	Turkey Breast Slice, 0.67 oz		Cheddar Cheese		Strawberry Yogurt, 4 oz		Peaches, 4 oz		Milk	
	WGR Bread, 26g		Fresh Apple		WGR Graham Crackers, 2 ct		WGR Goldfish Crackers, .75 oz		WGR Banana Muffin, 1.8 oz	

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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