

# VCA FOOD MENU 2025/26

This menu refer to the Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored lowfat (1 percent) or unflavored fat free (skim) milk. Children six years and older must be served unflavored or flavored low-fat (1 percent) or fat free (skim) milk.

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternative</b>			Colby Cheese Sticks	Seasonal Fruit	
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: 1/2 cup	Applesauce	Pears	Pineapple		Banana (1 whole)
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Cinnamon Raisin Bagel <b><i>Cream Cheese</i></b>	Plain Bagel <b><i>Cream Cheese</i></b>	Croissant <b><i>Butter or Marg</i></b>	Cinnamon Raisin Bagel <b><i>Cream Cheese</i></b>	100% Whole Grain Bread <b><i>Butter or Marg</i></b>
<b>L U N C H</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternative</b> Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	*Breaded Fish	*Chicken Nuggets	Baked Sliced Chicken	*Ground Beef Stroganoff	Stir Fried Chicken
	<b>Vegetables</b> Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Fresh Potatoes (not instant)	Oven Roasted Potatoes (not instant)	Green Peas	French-fried Potatoes (air-fried)	Carrots, Brocolis, Bell Pepper, Onion
	<b>Fruit or Vegetables</b> Ages 1-18: 1/4 cup	Steamed Broccoli	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Mandarin Oranges	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Rice and Beans	100% Whole Grain Bread <b><i>Butter or Marg</i></b>	*Macaroni & Cheese	Brown Rice	Rice and Beans
<b>S N A C K</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz					Colby Cheese Sticks
	<b>Meat/Meat Alternative</b> Ages 1-5: 1/2 oz; Ages 6-18: 1 oz	Yogurt	Cheddar Cheese Slice	Sliced Turkey (1oz)	Yogurt	
	<b>Vegetables</b> Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup					
	<b>Fruit/Juice</b> Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup	Fruit Cocktail	100% Orange Juice	Apple Juice	Pears	Grapes
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)	Hawaiian Bread	100% Whole Grain Bread <b><i>Butter or Marg</i></b>	Fish Shaped Crackers	Animal Crackers

**IMPORTANT: Ages 1-5 based on meal patter portion sizes for ages 3-5.** \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. When drink is not specifically listed with a snack, water is recommended as a beverage. **All food must be peanut and tree nut free.**

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WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternative</b>	Colby Cheese Sticks				
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: 1/2 cup	Pineapple	Pears	Banana	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Mandarin Oranges
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Croissant <b>Butter or Marg</b>	Mini Pancakes	100% Whole Grain Bread <b>Butter or Marg</b>	Plain Bagel <b>Cream Cheese</b>	100% Whole Grain Bread <b>Butter or Marg</b>
<b>L U N C H</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternative</b> Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Meatballs	Stew Beef	Chicken Lasagna	Tacos (Turkey, Chicken, or Beef) <b>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</b>	*Oven Fried Chicken
	<b>Vegetables</b> Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Squash	Yuca and Carrots	Green Beans	Corn	Mixed Vegetables
	<b>Fruit or Vegetables</b> Ages 1-18: 1/4 cup	Mandarin Oranges	Apple Slices	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Black Beans	Fruit Cocktail
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	*Macaroni & Cheese	Brown Rice and Beans	Lasagna Noodles	Tortilla & Rice	Rice and Beans
<b>S N A C K</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk	Milk			
	<b>Meat/Meat Alternative</b> Ages 1-5: 1/2 oz; Ages 6-18: 1 oz			Yogurt	Yogurt	Cheddar Cheese Slice
	<b>Vegetables</b> Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup					
	<b>Fruit/Juice</b> Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Banana	Fresh Apple Slices	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Apple Juice
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <b>Butter or Marg</b>	Blueberry Muffin	Fish Shaped Crackers	Graham Crackers (plain or honey)	Pita Bread

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WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternative</b>	Mozzarella Cheese Sticks				
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: 1/2 cup	Pears	Mandarin Oranges	Berries	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Banana
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Cuban Bread <b>Butter or Marg.</b>	100% Whole Grain Bread <b>Butter or Marg</b>	Mini Pancakes	Blueberry Muffin	Pita Bread
<b>L U N C H</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternative</b> Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	*Spaghetti & Meat Sauce with Ground Beef	Chicken	*Meatloaf with Ground Beef	Chicken	Beef Stroganoff
	<b>Vegetables</b> Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Green Beans	Salad (Lettuce, Tomato, Carrots, cabbage)	Oven Roasted Sweet Potato (not instant)	Green Peas	Mixed Vegetables
	<b>Fruit or Vegetables</b> Ages 1-18: 1/4 cup	Pineapple	Squash	Fruit Cocktail	Fresh Mashed Potatoes (not instant)	Pears
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Spaghetti	Rice and Beans	Brown Rice and Beans	Soft Roll	Brown Rice
<b>S N A C K</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk		Milk
	<b>Meat/Meat Alternative</b> Ages 1-5: 1/2 oz; Ages 6-18: 1 oz	Yogurt	Mozzarella Cheese Sticks		Yogurt	
	<b>Vegetables</b> Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup					
	<b>Fruit/Juice</b> Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup	Banana (1 whole)	100% Grape Juice	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Pears	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)	Fish Shaped Crackers	Animal Crackers	100% Whole Grain Bread <b>Butter or Marg</b>	Blueberry Muffin

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WEEK FOUR		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternative</b>	Yogurt				
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: 1/2 cup	Fruit Cocktail	Applesauce	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Pears	Banana (1 whole)
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <b>Butter or Marg.</b>	Blueberry Muffin	Cuban Bread <b>Butter or Marg.</b>	Plain Bagel <b>Cream Cheese</b>	Mini Pancakes
<b>L U N C H</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternative</b> Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Breaded Fish	Ground Beef Lasagna	Stew Beef	*Chicken and Rice	Cheeseburger
	<b>Vegetables</b> Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Oven Roasted Potatoes	Squash	Yuca and Carrots	Fresh Corn	Cucumber slices
	<b>Fruit or Vegetables</b> Ages 1-18: 1/4 cup	Mandarin Oranges	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Pineapple	Mandarin Oranges	Pears
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Rice and Beans	Lasagna Noodles	Rice and Beans	Brown Rice and Beans	Bun
<b>S N A C K</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk				Milk
	<b>Meat/Meat Alternative</b> Ages 1-5: 1/2 oz; Ages 6-18: 1 oz		Cheddar Cheese Slice	Yogurt	Yogurt	Mozzarella Cheese Sticks
	<b>Vegetables</b> Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup					
	<b>Fruit/Juice</b> Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup	Banana (1 whole)	100% Grape Juice	Fruit Cocktail	Apple slices	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Pita Bread	100% Whole Grain Bread <b>Butter or Marg.</b>	Graham Crackers (plain or honey)	Animal Creakers	100% Whole Grain Bread <b>Butter or Marg.</b>

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