

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 R E A K F A S T	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative Ages 1-5: 1/2 oz; Ages 6-18: 1 oz					
	Vegetable/Fruit/Juice Ages 1-18: 1/2 cup	Applesauce	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/ apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/ apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/ apples)	Banana
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Plain Bagel Cream Cheese	100% Whole Grain Bread (1/2 slice) Cream Cheese	Croissant Butter or Marg	100% Whole Grain Bread (1/2 slice) Cream Cheese	Plain Bagel Cream Cheese
L U N C H	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	*Breaded Fish	*Breaded Chicken	Chicken Stroganoff	*Ground Beef Tomato Sauce	Stir Fried Chicken Strips
	Vegetables Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Steamed Broccoli	Mixed Vegetables	French-fried Potatoes (air-fried)	Mixed Vegetables	Carrots and Brocolis
	Fruit or Vegetables Ages 1-18: 1/4 cup	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/ apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/ apples)	Mandarin Oranges	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Brown Rice and Black Beans	*Macaroni & Cheese	Brown Rice and Pinto Beans	Pasta (Spaghetti, Penne, Elbow)	Brown Rice and Black Beans
S N A C K	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz					
	Meat/Meat Alternative Ages 1-5: 1/2 oz; Ages 6-18: 1 oz	Yogurt	Sliced Turkey	Mozzarella Cheese Sticks	Yogurt	Colby Cheese Sticks
	Vegetables Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup					
	Fruit/Juice Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/ apples)	100% Orange Juice	Apple Juice	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Grapes
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)	Hawaiian Bread Turkey Sandwich	100% Whole Grain Bread (1/2 slice) Cream Cheese	Fish Shaped Crackers	Blueberry Muffin

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. We provide "brain snacks" during some activity breaks in the morning and afternoon to help keep children energized and focused. Examples include Cheerios and crackers.

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WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative Ages 1-5: 1/2 oz; Ages 6-18: 1 oz					
	Vegetable/Fruit/Juice Ages 1-18: 1/2 cup	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Mandarin Oranges	Banana
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread (1/2 slice) Cream Cheese	Mini Pancakes	Croissant Butter or Marg	Plain Bagel Cream Cheese	Hawaiian Bread
L U N C H	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Chicken Lasagna with Alfredo Sauce	Beef Stew with Blended Yuca and Carrot Sauce	Ground Beef (no sauce)	Tacos (Ground Beef) Shredded Cheese and Diced Tomato	Chicken Stroganoff
	Vegetables Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Mixed Vegetables	Yuca and Carrots	Squash	Corn	French-fried Potatoes (air-fried)
	Fruit or Vegetables Ages 1-18: 1/4 cup	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Apple Slices	Mandarin Oranges	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Lasagna Noodles	Brown Rice	*Macaroni & Cheese	Tortilla, Rice and Black Beans	Brown Rice
S N A C K	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz					
	Meat/Meat Alternative Ages 1-5: 1/2 oz; Ages 6-18: 1 oz	Yogurt		Sliced Turkey	Yogurt	Mozzarella Cheese Sticks
	Vegetables Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup					
	Fruit/Juice Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup	Apple Sauce	100% Orange Juice	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Apple Juice
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Fish Shaped Crackers	Blueberry Muffin	100% Whole Grain Bread Sandwich (1/2 slice) Cream Cheese	100% Whole Grain Bread Sandwich (1/2 slice) Cream Cheese	Pita Bread

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WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative Ages 1-5: 1/2 oz; Ages 6-18: 1 oz					
	Vegetable/Fruit/Juice Ages 1-18: 1/2 cup	Mandarin Oranges	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Banana
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread (1/2 slice) Cream Cheese	Cuban Bread Butter or Marg.	Mini Pancakes	Blueberry Muffin	Pita Bread
L U N C H	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	*Breaded Chicken	Ground Beef with Tomato Sauce	Breaded Fish	Stir Fried Chicken Strips	Beef Stew with Blended Yuca and Carrot Sauce
	Vegetables Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	French-fried Potatoes (air-fried)	Mixed Vegetables	Roasted Sweet Potato Cubes (air-fried)	Carrots and Brocolis	Yuca and Carrots
	Fruit or Vegetables Ages 1-18: 1/4 cup	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Fruit Cocktail	Apple Slices	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Rice and Black Beans	Pasta (Spaghetti, Penne, Elbow)	Brown Rice and Pinto Beans	*Macaroni & Cheese	Brown Rice and Black Beans
S N A C K	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz					
	Meat/Meat Alternative Ages 1-5: 1/2 oz; Ages 6-18: 1 oz	Mozzarella Cheese Sticks	Yogurt		Yogurt	
	Vegetables Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup					
	Fruit/Juice Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup	Apple Juice	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	100% Orange Juice	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Fish Shaped Crackers	100% Whole Grain Bread (1/2 slice) Cream Cheese	Animal Crackers	100% Whole Grain Bread (1/2 slice) Cream Cheese	Blueberry Muffin

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WEEK FOUR		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative Ages 1-5: 1/2 oz; Ages 6-18: 1 oz					
	Vegetable/Fruit/Juice Ages 1-18: 1/2 cup	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Applesauce	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Banana
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread (1/2 slice) Cream Cheese	Blueberry Muffin	Cuban Bread Butter or Marg.	Plain Bagel Cream Cheese	Mini Pancakes
L U N C H	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Breaded Fish	Ground Beef Lasagna with Tomato and Alfredo Sauce	Beef Stew with Blended Yuca and Carrot Sauce	*Chicken with Alfredo Sauce	Breaded Chicken
	Vegetables Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Roasted Potatoes Cubes (air-fried)	Mixed Vegetables	Yuca and Carrots	Mixed Vegetables	Carrots and Brocolis
	Fruit or Vegetables Ages 1-18: 1/4 cup	Mandarin Oranges	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Mandarin Oranges	Apple Slices
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Rice and Black Beans	Lasagna Noodles	Brown Rice and Black Beans	Pasta (Spaghetti, Penne, Elbow)	Brown Rice and Pinto Beans
S N A C K	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz					Milk
	Meat/Meat Alternative Ages 1-5: 1/2 oz; Ages 6-18: 1 oz	Colby Cheese Sticks	Yogurt	Mozzarella Cheese Sticks	Yogurt	Sliced Turkey
	Vegetables Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup					
	Fruit/Juice Ages 1-5: 1/2 cup; Ages 6-18: 3/4 cup	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Apple Juice	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	100% Orange Juice	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Pita Bread	100% Whole Grain Bread (1/2 slice) Cream Cheese	Graham Crackers (plain or honey)	Animal Crackers	100% Whole Grain Bread (1/2 slice) Cream Cheese

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