

VCA FOOD MENU 2026/27



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	Mozzarella Cheese		Sliced Turkey and Cheese		Mozzarella Cheese
	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)	Banana	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	WGR Bread (Grilled Cheese Sandwich - 1/2 slice)	Croissant Butter or Marg	WGR Bread (Turkey Sandwich - 1/2 slice)	Plain Bagel Cream Cheese	WGR Bread (Grilled Cheese Sandwich - 1/2 slice)
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	Chicken Stroganoff	*Breaded Chicken	Beef Stew with Blended Yuca and Carrot Sauce	Tacos (Ground Beef) Shredded Cheese and Diced Tomato
	Vegetables Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Steamed Broccoli	French-fried Potatoes (air-fried)	Mixed Vegetables	Yuca and Carrots	Corn
	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)	Applesauce	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	White Rice and Black Beans	Brown Rice	*Macaroni & Cheese	Brown Rice and Pinto Beans	Tortilla, 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	Colby Cheese Sticks		Mozzarella Cheese Sticks	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	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/ apples)	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Applesauce		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	Graham Crackers (plain or honey)	Pita Bread	Hawaiian Bread Cream Cheese	Blueberry Muffin	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. 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	Mozzarella Cheese			Mozzarella Cheese	
	Vegetable/Fruit/Juice Ages 1-18: 1/2 cup	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Applesauce	Banana	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	WGR Bread (Grilled Cheese Sandwich - 1/2 slice)	Hawaiian Bread <i>Cream Cheese</i>	Croissant <i>Butter or Marg</i>	WGR Bread (Grilled Cheese Sandwich - 1/2 slice)	Cuban Bread <i>Butter or Marg.</i>
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	Tacos (Ground Beef) <i>Shredded Cheese and Diced Tomato</i>	Beef Stew with Blended Yuca and Carrot Sauce	Ground Beef with Tomato Sauce	*Breaded Chicken	Chicken Stroganoff
	Vegetables Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Corn	Yuca and Carrots	Mixed Vegetables	French-fried Potatoes (air-fried)	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	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)
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Tortilla, Rice and Black Beans	Brown Rice	Pasta (Spaghetti, Penne, Elbow)	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	Mozzarella Cheese Sticks	Sliced Turkey and Chesse		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	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Banana	Seasonal Fruit (cantaloupe, honeydew, pineapple, berries, watermelon, pears - no bananas/apples)	Applesauce	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	Animal Crackers	Pita Bread	WGR Bread (Turkey Sandwich - 1/2 slice)	Blueberry Muffin	Graham Crackers (plain or honey)

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.**