



Early Learning Essentials

January - May 2026 Menu

This institution is an equal opportunity employer.

THIS MENU IS SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Cereal*, Mandarin Oranges, Milk Lunch: Hawaiian English Muffin Pizza*, Tossed Salad, Pineapple, Milk Snack: Grapes, Crunchy Pretzels	Breakfast: Bagels*, Raspberries, Milk Lunch: Chicken Quesadilla*, Green Beans, Oranges, Milk Snack: Apples, Sunbutter	Breakfast: Muffins*, Pears, Milk Lunch: <u>Chicken Corn Chowder</u> , String Cheese, Peaches, Corn Bread*, Milk Snack: Pita Wedges*, Hummus	Breakfast: Waffles*, Strawberries, Milk Lunch: Soft Taco* with Lettuce & Tomatoes, Apples, Milk Snack: Goldfish Crackers*, Cucumbers	Breakfast: Bread*, Tropical Fruit, Milk Lunch: Turkey & Cheese Sandwich*, Baby Carrots, Applesauce, Milk Snack: None
Breakfast: Waffles*, Peaches, Milk Lunch: Hawaiian Haystack with Brown Rice*, Peas, Pineapple, Milk Snack: String Cheese, Soft Pretzel Bites	Breakfast: Yogurt, Mixed Berries, Milk Lunch: Spaghetti* with Meat Sauce, Green Beans, Apples, Milk Snack: Cucumbers, Wheat Thins*	Breakfast: Muffins*, Mandarin Oranges, Milk Lunch: Bean & Cheese Burrito*, Corn, Grapes, Milk Snack: String Cheese, Goldfish*	Breakfast: Cereal*, Bananas, Milk Lunch: Baked Ziti*, Cauliflower, Oranges, Milk Snack: Graham Crackers*, Milk	Breakfast: Bread*, Applesauce, Milk Lunch: Chicken Salad Sandwich*, Tossed Salad, Grapes, Milk Snack: None
Breakfast: Muffins*, Pears, Milk Lunch: <u>Chicken Noodle Soup*</u> , String Cheese, Grapes, Milk Snack: Graham Crackers*, Milk	Breakfast: Bagels*, Pineapple, Milk Lunch: Sloppy Joe's*, Sweet Potato Fries, Apples, Milk Snack: Oranges, Goldfish*	Breakfast: Bread*, Applesauce, Milk Lunch: Baked Fish, California Veggies, Pineapple, Brown Rice*, Milk Snack: Cottage Cheese, Peaches	Breakfast: Yogurt, Mixed Berries, Milk Lunch: Chicken Alfredo Pasta*, Peas, Cantaloupe, Milk Snack: Baby Carrots, Corn Bread*	Breakfast: Waffles*, Strawberries, Milk Lunch: <u>Asian Chicken Salad</u> , WW Roll*, Mandarin Oranges, Edamame, Milk Snack: None
Breakfast: Cereal*, Pineapple, Milk Lunch: Baja Bowl with Rice* & Beans, Tossed Salad, Corn, Milk Snack: Crunchy Pretzels, String Cheese	Breakfast: Bagels*, Raspberries, Milk Lunch: Mac & Cheese*, Grilled Chicken, Broccoli, Grapes, Milk Snack: Apples, Sunbutter	Breakfast: Yogurt, Mixed Berries, Milk Lunch: <u>Breakfast Burrito*</u> , Oranges, Milk Snack: Cereal*, Milk	Breakfast: Waffles*, Bananas, Milk Lunch: Penne with Meat Sauce*, Cauliflower, Strawberries, Milk Snack: Grape Tomatoes, Goldfish*	Breakfast: Bread*, Tropical Fruit, Milk Lunch: Tuna Salad Pita*, Baby Carrots, Apples, Milk Snack: None
Breakfast: Muffin*, Applesauce, Milk Lunch: Teriyaki Chicken with Brown Rice*, Broccoli, Pineapple, Milk Snack: Celery, Sunbutter, Raisins	Breakfast: Yogurt, Mixed Berries, Milk Lunch: Ham & Cheese Melt*, Peas, Grapes, Milk Snack: Cereal*, Milk	Breakfast: Bread*, Pears, Milk Lunch: Baked Fish, California Veggies, Apples, Corn Bread*, Milk Snack: Goldfish Crackers*, Pineapple	Breakfast: Bagels*, Strawberries, Milk Lunch: Enchilada Casserole*, Salad, Peaches, Milk Snack: Bananas, Wheat Thins*	Breakfast: Waffles*, Blueberries, Milk Lunch: Chicken Caesar Wrap*, Cucumbers, Mandarin Oranges, Milk Snack: None

January

5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

February

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

March

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16	17	18	19	20
23	24	25	26	27
30	31			

April

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6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

May

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4	5	6	7	8
11	12	13	14	15
18	19	20	21	

Underlined recipes contain vegetables.
Items with * are whole grain.





Early Learning Essentials

Enero - Mayo 2026

Esta instrucción es un empleador que ofrece igualdad de oportunidades.

ESTE MENÚ ESTÁ SUJETO A CAMBIOS.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Desayuno: Cereal*, Mandarinas, Leche Almuerzo: Pizza Hawaiana, Ensalada, Piña, Leche Bocadillo: Uvas, Pretzels Crujientes	Desayuno: Bagel*, Frambuesas, Leche Almuerzo: Quesadilla de Pollo*, Guisantes verdes, Naranjas, Leche Bocadillo: Manzanas, Mantequilla de girasol	Desayuno: Muffin*, Peras, Leche Almuerzo: <u>Sopa de Pollo y Elote</u> , Queso en Tiras, Melocotones, Panecillo, Leche Bocadillo: Pan Pita, Hummus	Desayuno: Waffle*, Fresas, Leche Almuerzo: Tacos, Lechuga y Tomate, Manzanas, Leche Bocadillo: Galletas de pez, Pepinos	Desayuno: Tostada de pan*, Frutas Tropicales, Leche Almuerzo: Sándwich de Pavo y Queso, Zanahorias, Puré de manzana, Leche Bocadillo: Ninguno
Desayuno: Waffle*, Melocotones, Leche Almuerzo: Comida Hawaiana, Arroz, Guisantes, Piña, Leche Bocadillo: Queso en tiras, Pretzel Suave	Desayuno: Yogur, Bayas Mixtas, Leche Almuerzo: Espaguetis con salsa de carne, Guisantes verdes, manzanas, leche Bocadillo: Pepinos, Galletas Delgadas de Trigo	Desayuno: Muffin*, Mandarinas, Leche Almuerzo: Burrito de Frijoles y Queso, Maíz, Uvas, Leche Bocadillo: Queso en Tiras, Galletas de pez	Desayuno: Cereal*, Plátano, Leche Almuerzo: Ziti al Horno, Coliflor, Naranjas Bocadillo: Galletas Graham, Zanahorias	Desayuno: Tostada de Pan*, Puré de Manzana, Leche Almuerzo: Sándwich de ensalada de pollo, Ensalada mixta, Uvas, Leche Bocadillo: Ninguno
Desayuno: Muffin*, Peras, Leche Almuerzo: <u>Sopa de pollo con fideos (verduras)*</u> , Queso en tiras, Uvas, leche Bocadillo: Galletas Graham, Leche	Desayuno: Bagel*, Piña, Leche Almuerzo: Sloppy Joe's*, Panecillo, Batatas Fritas, Manzanas, Leche Bocadillo: Naranjas, Galletas de pez*	Desayuno: Tostada de pan*, Puré de manzana, Leche Almuerzo: Pescado al horno, Verduras de California, Manzanas, Panecillo, Leche Bocadillo: Requesón, Melocotones	Desayuno: Bagel*, Pina, Leche Almuerzo: Fideos en salsa Alfredo con Pollo*, Guisantes, Melón Cantalupo, Leche Bocadillo: Zanahorias, Pan de maíz*	Desayuno: Cereal*, Peras, Leche Almuerzo: <u>Ensalada asiática de pollo</u> , panecillo WW*, mandarinas, edamame, leche Bocadillo: Ninguno
Desayuno: Cereal*, Piña, Leche Almuerzo: Tazón de Baja con Arroz* y Frijoles, Ensalada Mixta, Maíz, Leche Bocadillo: Pretzels Crujientes, Queso en tiras	Desayuno: Bagel*, Frambuesas, Leche Almuerzo: WG Mac & Cheese*, Pollo a la parrilla, Brócoli, Uvas, Leche Bocadillo: Requesón, Melocotones	Desayuno: Yogur, Bayas Mixtas, Leche Almuerzo: <u>Burrito de desayuno*</u> , Naranjas, Leche Bocadillo: Cereal*, Leche	Desayuno: Waffle*, Plátano, Leche Almuerzo: Penne pasta con salsa de carne*, coliflor, fresas, leche Bocadillo: Tomates Uva, Galletas de Pez	Desayuno: Tostada de pan*, Frutas Tropicales, Leche Almuerzo: Ensalada de Atún*, Pita, Zanahorias, Manzanas, Leche Bocadillo: Ninguno
Desayuno: Muffin*, Puré de Manzana, Leche Almuerzo: Pollo Teriyaki con Arroz* y Piña, Brócoli Bocadillo: Apio, Mantequilla de Girasol, Pasas	Desayuno: Yogur, Bayas Mixtas, Leche Almuerzo: Jamón y queso fundido*, guisantes, uvas, leche Bocadillo: Cereal*, Leche	Desayuno: Tostada de pan*, Pera, Leche Almuerzo: Pescado al horno, Verduras de California, Manzanas, Panecillo, Leche Bocadillo: Galletas de Pez*, Piña	Desayuno: Bagel*, Fresas, Leche Almuerzo: Cazuela De Enchilada*, Ensalada, Durazno, Leche Bocadillo: Plátano, Galletas Delgadas de Trigo*	Desayuno: Waffle*, Arándanos, Leche Almuerzo: Wrap César de Pollo*, Pepinos, Mandarinas, Leche Bocadillo: Ninguno

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11	12	13	14	15

Recetas Subrayadas contienen vegetales.
Los productos marcados * son integrales

