

JULY 6-10		BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎				
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WG Blueberry muffin 1 each Cantaloupe ¼ c 1% milk 6oz	WGR Bagels ¼ ea. 100% OJ 4oz 1% milk 6oz	WGR Pancakes ½ each Applesauce ¼ c 1% milk 6oz	WGR French Toast ½ each Mangos and peaches ¼ c 1% milk 6oz	Cheese omelet 1 each WW Toast ½ ea. 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Cheesy Rice</u> WG Br Rice 2 oz eq Cheddar ¼ c Broccoli ¼ c Pineapple ¼ c 1% milk 6oz	<u>Burgers</u> Beef burger 1 each WGR Bun 1 each Potato salad ¼ c Pickles Peaches ¼ c 1% milk 6oz	<u>Turkey ham</u> Egg and turkey ham 1 ½ oz WGR Bun 1 each Spinach ¼ c Oranges ¼ c 1% milk 6oz	<u>Salad</u> Iceberg lettuce ½c WGR Chicken nuggets 1½oz WW croutons ¼c Apples ¼ c 1% milk 6oz	BUILD YOUR OWN PIZZA WGR English muffin ½ each Turkey pepperoni Mozzarella 1 ½oz Gr. Peppers ¼ c Pineapple ¼c 1% milk 6oz	FUN FACTS Did you know when you sweat, you need to drink more water? 
SNACK	WG animal crackers 1 pk 100% strawberry banana juice 4oz	Vanilla Yogurt 2oz WGR Granola ½ oz eq water	WG Graham crackers ½ oz eq 100% Berry Juice 4oz	Cheddar cheese cubes ½ oz eq WG Crackers ½ oz eq Water	WG Coco Puffs 1 each 1% milk 4oz	Enjoy 😊

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

NOTE: Substitutions are met for each meal component based on food allergies

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JULY 13-17 BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎						
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WGR Waffle ½ each Fruit cocktail ½ c 1% milk 6oz	WW Cinnamon toast ½ each Diced Peaches ½ c 1% milk 6oz	WG Oatmeal ¼ c Diced pears ½ c 1% milk 6oz	WGR English muffin ½ each Mandarin oranges ½ c 1% milk 6oz	Turkey Sausage 1 each WG Biscuit ½ ea. 100% OJ 4oz 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Tomato Alfredo</u> WG Rigatoni ¼ c Shaved parmesan 1 ½ oz Diced cherry tomatoes, green beans ¼ c Cantaloupe & green grapes ¼ c 1% milk 6oz	<u>Tuna fish platter</u> Tuna 1 ½ oz WG Pita ½ oz eq Sliced Cucumbers ¼ c Diced pineapple ¼ c 1% milk 6oz	<u>Sun butter & Jelly</u> Sun butter 1 ½ Strawberry jelly WG Bread 1 each Peas & carrots ¼ c Fresh blueberries ¼ c 1% milk 6oz	<u>BBQ Chicken</u> Diced Chicken 1 ½ oz WGR cornbread ½ oz eq Coleslaw ¼ c Watermelon ¼ c 1% milk 6oz	<u>Mac & Cheese</u> WG Elbow macaroni ½ oz eq Shredded cheddar cheese 1 ½ oz Broccoli ¼ c Honey dew & red grapes ¼ c 1% milk 6oz	FUN FACTS: About 70 % of the earth's surface is covered by water. About 70 % of the human body is made up of water. 💧
SNACK	WG rice cake ½ oz eq 100% Fruit juice 4oz	Potato smiles ½ c 100% Apple juice 4oz	WG Cheez-its 1 pk 100% Grape juice 4oz	<u>Trail Mix</u> Dried apples, cranberries & raisins ¼ c WG Kix cereal ½ oz eq Water	WG Tortilla Scoops ½ oz eq Tomato salsa ½ c Water	 Enjoy 😊

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JULY 20-24		BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 				
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WGR Scooters cereal 1 each Raisins ¼ c 1% milk 6oz	WG Blueberry muffin 1 each Cantaloupe ½ c 1% milk 6oz	WGR Bagels ¼ ea. 100% OJ 4oz 1% milk 6oz	WGR Pancakes ½ each Applesauce ½ c 1% milk 6oz	WGR French Toast ½ each Mangos and peaches ½ c 1% milk 6oz	Key: Muzz- mozzarella M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop 
LUNCH 	<u>Zucchini Noodles</u> Spiral zucchini ¼ c Mozz cheese cubes 1 ½ oz WG muffin 1 each Fresh blueberries ¼ c 1% milk 6oz	<u>Fish sticks</u> WGR Fish sticks 1 ½ oz eq WG BR Rice ½ oz eq Broccoli ¼ c Pineapple ¼ c 1% milk 6oz	<u>Burgers</u> Beef burger 1 ea. WGR Bun 1 each Potato salad ¼ c Pickels Peaches ¼ c 1% milk 6oz	<u>Turkey Ham</u> Egg and turkey ham 1 ½ oz WGR Bun 1 each Spinach ¼ c Oranges ¼ c 1% milk 6oz	<u>Summer Salad</u> Iceberg lettuce ½ c WGR Chicken nuggets 1 ½ oz WW Crouton ¼ c Apples ¼ c 1% milk 6oz	FUN FACTS: None of the functions that we perform on a daily basis that are critical to our survival, such as breathing, digestion or muscle movement, would happen without water.
SNACK	Sliced turkey ½ oz eq Watermelon ½ c Water	WG Dinosaur crackers ½ oz eq 100% Strawberry banana juice 4oz	Vanilla yogurt 2oz WGR Granola ½ oz eq Water	WG Graham cracker ½ oz eq 100% Berry Juice 4oz	Cheddar cheese cubes 1/2 oz eq WG Cracker ½ oz eq Water	 Enjoy 😊

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JULY 27-31	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	Cheese omelet 1 each WW Toast ½ ea. 100% OJ 4oz 1% milk 6oz	WGR Waffle ½ each Fruit cocktail ½ c 1% milk 6oz	WW Cinnamon toast ½ each Diced Peaches ½ c 1% milk 6oz	WG Oatmeal ¼ c Diced pears ½ c 1% milk 6oz	WGR English Muffin ½ each Mandarin oranges ½ c 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>E.M. Pizza</u> WGR English muffin ½ each Turkey pepperoni, Mozzarella 1½oz Gr. Peppers ¼ c Pineapple ¼c 1% milk 6oz	<u>Tomato Alfredo</u> WG Rigatoni ¾ c Shaved parmesan 1 ½ oz Diced cherry tomatoes, green beans ¼ c Cantaloupe & green grapes ¼ c 1% milk 6oz	<u>Tuna fish platter</u> Tuna 1 ½ oz WG Pita ½ oz eq Sliced Cucumbers ¼ c Diced pineapple ¼ c 1% milk 6oz	<u>Sun butter & Jelly</u> Sun butter 1 ½ Strawberry jelly WW Bread 1 each Peas & carrots ¼c Fresh blueberries ¼ c 1% milk 6oz	<u>BBQ Chicken</u> Diced Chicken 1 ½ oz WGR cornbread ½ oz eq Coleslaw ¼ c Watermelon ¼ c 1% milk 6oz 	FUN FACTS Did you know? Your brain is made up of 73% water.
SNACK	WG Coco Puffs 1 each 1% milk 4oz	WG rice cake ½ oz eq 100% Fruit juice 4oz	Potato smiles ½ c 100% Apple juice 4oz	WG Cheez-its 1 pk 100% Grape juice 4oz	<u>Trail Mix</u> Dried apples, cranberries & raisins ¼ c WG Kix cereal ½ oz eq Water	 Enjoy 😊

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