



**Institute of Community Service**

**June 2026 Menu**

**Hours of Operation:**

**Monday – Friday**

**8:00 a.m. – 3:00 p.m.**

**\*\*MENU SUBJECT TO CHANGE**

This institute is an equal opportunity

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Week 1:</b>  <b>May 25<sup>th</sup>-</b>  <b>May 29<sup>th</sup></b>  <b>2026</b></p>	<p><b><u>No School</u></b></p>	<p><b><u>TACO TUESDAY</u></b>  <b><u>Breakfast</u></b>            Oatmeal            Apricots            1% low fat milk  <b><u>Lunch</u></b>            Beef Tacos            Mexican Corn            Tropical Fruit            WG Tortilla Wrap            1% low fat Milk  <b><u>Snack</u></b>            Cheez- its            Grape Juice</p>	<p><b><u>Breakfast</u></b>            Rice Krispies Cereal            Orange Wedges            1% low fat Milk  <b><u>Lunch</u></b>            Turkey Sandwich            Broccoli            Pineapple tidbits            WG Bread            1% low fat Milk  <b><u>Snack</u></b>            Yogurt            Crackers</p>	<p><b><u>Breakfast</u></b>            Cheese Grits            Sliced Apples            1% low fat Milk  <b><u>Lunch</u></b>            Meatloaf            Steamed Cabbage            Diced Pears            Cornbread            1% Low fat Milk  <b><u>Snack</u></b>            Strawberry Chex Mix            Apple Juice</p>	<p><b><u>Good Friday</u></b>  <b><u>Breakfast</u></b>            WG Toast            Banana            1% low fat Milk  <b><u>Lunch</u></b>            Chicken Breast Patty            Peas and Carrots            Mandarin Oranges            WG Bread            1% low fat milk  <b><u>Snack</u></b>            Raisin Bread            String Cheese</p>
	<p><b>Week 2:</b>  <b>June 1<sup>st</sup>- 5<sup>th</sup></b>  <b>2026</b></p>	<p><b><u>Breakfast</u></b>            Oatmeal            Sliced Pineapples            1% low fat milk  <b><u>Lunch</u></b>            Grilled Cheese            Sandwich            Mixed Vegetables            Pears            1% low fat Milk  <b><u>Snack</u></b>            Orange Juice            Cheez-its</p>	<p><b><u>Breakfast</u></b>            Grits            Mixed Fruit            1% low fat milk  <b><u>Lunch</u></b>            Chicken Spaghetti            Peaches            Green Peas            WG Bread            1% low fat Milk  <b><u>Snack</u></b>            Strawberry Chex Mix            Grape Juice</p>	<p><b><u>Breakfast</u></b>            WG French Toast            Applesauce            1% low fat milk  <b><u>Lunch</u></b>            Chicken Tenders            Sweet Potato Fries            Sliced Pears            WG Bread            1% low fat Milk  <b><u>Snack</u></b>            Grapefruit Juice            Goldfish Cracker</p>	<p><b><u>Breakfast</u></b>            WG Cheerios            Banana            1% low fat milk  <b><u>Lunch</u></b>            Beef Patty w/ Gravy            Brown Rice            Green Beans            Orange Slices            1% low Fat Milk  <b><u>Snacks</u></b>            Apple Juice            Raisin Bread</p>

**Head Start**

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
 ½ cup Vegetables,  
 Fruit, Or Both  
 ½ oz Grains  
 ½ pt. 1% low fat  
 Milk  
 Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
 1.5 oz. Meat or Alternate  
 ¼ c. fruit  
 ¼ c. vegetables  
 (2 diff vegetables or  
 1 vegetable and 1 fruit)  
 ½ oz bread/Grains  
 ½ pt. 1% Fat Free Milk  
 Other Foods

**Snack:**  
**Time Served**  
**2:00 pm -2:15 pm**  
 (Two of the Five)  
 ½ oz. Meat or Alternate  
 ½ cup of Fruit or Fruit  
 Juice  
 ½ c. Vegetable  
 ½ oz Grains  
 Milk or Dairy

**Early Head Start**

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
 1/4 cup Vegetables,  
 Fruit, Or Both  
 ½ oz Grains  
 ½ pt 1% low fat Milk  
 Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
 1 oz. Meat or Alternate  
 1/8 c. fruit  
 1/8 c. vegetables  
 (2 diff vegetables or  
 1 vegetable and 1 fruit)  
 ½ oz bread/Grains  
 ½ pt. 1% Fat Free Milk  
 Other Foods

**Snack: Time Served**  
**2:00 pm-2:15 pm**  
 (Two of the Five)  
 ½ oz. Meat or  
 Alternate  
 1/2 c of Fruit or Fruit  
 Juice  
 1/2 c. Vegetable  
 ½ oz Grains  
 Milk or Dairy



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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 3: June 8<sup>th</sup>- 12<sup>th</sup></b>	<u><b>Breakfast</b></u> Rice Krispies Cereal Applesauce 1% low fat Milk <u><b>Lunch</b></u> Grilled chicken Patty Steamed Broccoli WG Bread Tropical Fruit 1% low fat Milk <u><b>Snack</b></u> Chex Mix Grape Juice	<u><b>Breakfast</b></u> Oatmeal Orange Wedges 1% low fat milk <u><b>Lunch</b></u> WG Cheese Pizza Corn on Cob Apricots 1% low fat Milk <u><b>Snack</b></u> Graham Crackers Apple Juice	<u><b>Breakfast</b></u> Cheese Toast Diced Pears 1% low fat Milk <u><b>Lunch</b></u> Chicken Salad Green Peas Pineapple tidbits WG Crackers 1% low fat Milk <u><b>Snack</b></u> Cheez-its Orange Juice	<u><b>Breakfast</b></u> WG Waffles Banana 1% low fat Milk <u><b>Lunch</b></u> Sliced Ham Steamed Cabbage Apple Slices Cornbread 1% Low fat Milk <u><b>Snack</b></u> Sliced Turkey WG on Tortilla	<u><b>Breakfast</b></u> Grits Peaches 1% low fat Milk <u><b>Lunch</b></u> BBQ Chicken Breast Chunks Green Beans Mashed Potatoes WG Bread 1% low fat milk <u><b>Snack</b></u> WG Crackers String Cheese
<b>Week 4: June 15—19<sup>th</sup> , 22<sup>nd</sup></b>	<u><b>Meatless Monday</b></u> WG Cinnamon Chex Applesauce 1% low fat milk <u><b>Lunch</b></u> Mac and Cheese Mixed Vegetables Pears WG Dinner Roll 1% low fat Milk <u><b>Snack</b></u> Grape Juice Cheez-its	<u><b>Breakfast</b></u> Oatmeal Mixed Fruit 1% low fat milk <u><b>Lunch</b></u> WG Spaghetti w/ Meat Sauce Green Beans Carrots 1% low fat Milk <u><b>Snack</b></u> Strawberry Chex Mix Orange Juice	<u><b>Breakfast</b></u> Pancakes Sliced Peaches 1% low fat milk <u><b>Lunch</b></u> Sliced Turkey Garden Salad Pineapple Tidbits WG Bread 1% low fat Milk <u><b>Snack</b></u> Goldfish Cracker String Cheese	<u><b>Breakfast</b></u> Rice Krispies Cereal Applesauce 1% low fat Milk <u><b>Lunch</b></u> Grilled chicken Patty Steamed Broccoli WG Bread Tropical Fruit 1% low fat Milk <u><b>Snack</b></u> Chex Mix Grape Juice	<u><b>No School</b></u> 

## Head Start

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
 ½ cup Vegetables,  
 Fruit, Or Both  
 ½ oz Grains  
 ½ pt. 1% low fat  
 Milk  
 Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:15 pm**  
 1.5 oz. Meat or Alternate  
 ¼ c. fruit  
 ¼ c. vegetables  
 (2 diff vegetables or  
 1 vegetable and 1 fruit)  
 ½ oz bread/Grains  
 ½ pt. 1% Fat Free Milk  
 Other Foods

**Snack:**  
**Time Served**  
**2:00 pm -2:15 pm**  
 (Two of the Five)  
 ½ oz. Meat or Alternate  
 ½ cup of Fruit or Fruit  
 Juice  
 ½ c. Vegetable  
 ½ oz Grains  
 Milk or Dairy

## Early Head Start

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
 1/4 cup Vegetables,  
 Fruit, Or Both  
 ½ oz Grains  
 ½ pt 1% low fat Milk  
 Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:15 pm**  
 1 oz. Meat or Alternate  
 1/8 c. fruit  
 1/8 c. vegetables  
 (2 diff vegetables or  
 1 vegetable and 1 fruit)  
 ½ oz bread/Grains  
 ½ pt. 1% Fat Free Milk  
 Other Foods

**Snack: Time Served**  
**2:00 pm-2:15 pm**  
 (Two of the Five)  
 ½ oz. Meat or  
 Alternate  
 1/2 c of Fruit or Fruit  
 Juice  
 1/2 c. Vegetable  
 ½ oz Grains  
 Milk or Dairy



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	Monday	Tuesday	Wednesday	Thursday	Friday
June 22 <sup>nd</sup> , 2026	<b><u>Breakfast</u></b> WG Cinnamon Toast Sliced Strawberries 1% low fat milk <b><u>Lunch</u></b> Cheeseburger Baked Fries Apricot WG Bun 1% low fat milk <b><u>Snack</u></b> Graham Cracker Yogurt				

## Head Start

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
 ½ cup Vegetables,  
 Fruit, Or Both  
 ½ oz Grains  
 ½ pt. 1% low fat  
 Milk  
 Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:15 pm**  
 1.5 oz. Meat or Alternate  
 ¼ c. fruit  
 ¼ c. vegetables  
 (2 diff vegetables or  
 1 vegetable and 1 fruit)  
 ½ oz bread/Grains  
 ½ pt. 1% Fat Free Milk  
 Other Foods

**Snack:**  
**Time Served**  
**2:00 pm -2:15 pm**  
 (Two of the Five)  
 ½ oz. Meat or Alternate  
 ½ cup of Fruit or Fruit  
 Juice  
 ½ c. Vegetable  
 ½ oz Grains  
 Milk or Dairy

## Early Head Start

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
 ¼ cup Vegetables,  
 Fruit, Or Both  
 ½ oz Grains  
 ½ pt 1% low fat Milk  
 Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:15 pm**  
 1 oz. Meat or Alternate  
 1/8 c. fruit  
 1/8 c. vegetables  
 (2 diff vegetables or  
 1 vegetable and 1 fruit)  
 ½ oz bread/Grains  
 ½ pt. 1% Fat Free Milk  
 Other Foods

**Snack: Time Served**  
**2:00 pm-2:15 pm**  
 (Two of the Five)  
 ½ oz. Meat or  
 Alternate  
 1/2 c of Fruit or Fruit  
 Juice  
 1/2 c. Vegetable  
 ½ oz Grains  
 Milk or Dairy