Fisher ELC - Fall Menu
Deliver BREAKFAST @ 7:30am, LUNCH @ 10:45 AM, SNACK @ 2pm

2026

Week One Breakfast Menu

Week 1	Portion Size	Monday	Portion Size	Tuesday	Portion Size	Wednesday	Portion Size	Thursday	Portion Size	Friday
Breakfast - Entrée	1/2 Cup	Rice Chex	1 Each	Whole Grain Pancakes	1 Each	Mini Bagels	2oz	Scrambled Eggs	1 Each	Whole Grain Waffles
	1/4 Cup	Yogurt	1 Tbsp	Syrup	1 Tbsp	Cream Cheese	1 Tbsp	Whole Grain French Toast Stick	1 Tbsp	Syrup
Fruit/Veg	1/2 cup	Blueberries	1/2 cup	Apple Sauce	1/2 cup	Honeydew	1/2 cup	Bananas	1/2 cup	Cantaloupe
Beverage	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk
Vegan Breakfast - Entrée	1/2 Cup	Rice Chex	1 Each	Vegan Pancake	1/2 Muffin	Vegan English Muffin	2oz	Scrambled Tofu	1 Each	Vegan Waffle
	1/4 Cup	Vegan Yogurt	1 Tbsp	Syrup	1 Tbsp	Strawberry Jam	1 Tbsp	Ketchip	1 Tbsp	Syrup
	1/2 cup	Blueberries	1/2 cup	Apple Sauce	1/2 cup	Honeydew	1/2 cup	Bananas	1/2 cup	Cantaloupe
Beverage	6 oz	Pea Milk	6 oz	Pea Milk	6 oz	Pea Milk	6 oz	Pea Milk	6 oz	Pea Milk

Week One Lunch Menu

Week 1	Portion Size	Monday	Portion Size	Tuesday	Portion Size	Wednesday	Portion Size	Thursday	Portion Size	Friday
Lunch Entrée	4oz	Cheeseburger	1.5 oz	Chicken Tacos w/ Cheese	1 Slice	Cheese Pizza	2oz	Turkey Marinara	2oz	Chicken Nuggets w/ Ketchup
	1 Bun	Whole Grain Bun	1-6"	Whole Grain Tortills			1oz	Whole Grain Penne	1 Ea	Whole Grain Diiner Roll
Vegetable	1/4 cup	Tater Tots	1/4 cup	Steamed Corn	1/4 cup	Steamed GreenBeans	1/4 cup	Steamed Broccoli	1/4 cup	Steamed Peas
Fruit	1/4 cup	Watermelon	1/4 cup	Diced Pears	1/4 cup	Cubed Pineabble	1/4 cup	Diced Pears	1/4 cup	Peaches
Beverage	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk
Vegan Lunch Entree	4oz	Vegan Black Bean Burger w/Vegan Cheese	1.5 oz	Tofu Taco w/Vegan Cheese	1 slice	Vegan Pizza	2oz	Tofu Marinara	2oz	Vegan Chicken Nugget w/ Ketchup
	1 Bun	Whole Grain Bun	1-6"	Whole Grain Tortills			1oz	Whole Grain Penne	1 ea	Vegan Dinner Roll
Vegetable	1/4 cup	Tater Tots	1/4 cup	Steamed Corn	1/4 cup	Steamed GreenBeans	1/4 cup	Steamed Broccoli	1/4 cup	Steamed Peas
Fruit	1/4 cup	Watermelon	1/4 cup	Diced Pears	1/4 cup	Cubed Pineabble	1/4 cup	Diced Pears	1/4 cup	Peaches
Beverage	6 oz	Pea Milk	6 oz	Pea Milk	6 oz	Pea Milk	6 oz	Pea Milk	6 oz	Pea Milk

Week One Snack Menu

Week 1	Portion Size	Monday	Portion Size	Tuesday	Portion Size	Wednesday	Portion Size	Thursday	Portion Size	Friday
Snack Item #1	1oz	Club Crackers	2oz	Apple Muffin	2oz	Danimal Yogurt	2oz ea	Pita Chips w/Hummus	1 bag	Scooby Snack
Snack Item #2	1/2 cup	Apples	1/2 Banana	Banana	1 orange	Orange Cutie	1/2 cup	Carrot Sticks	1/2 cup	Sliced Cucumber
Vegan Snack Item #1	1oz	Club Crackers	1oz	Vegan Muffin	2oz	Vegan Yogurt	2oz ea	Pita Chips w/Hummus	1 bag	Scooby Snack
Vegan Snack Item #2	1/2 cup	Apples	1/2 cup	Banana	1 Orange	Orange Cutie	1/2 cup	Carrot Sticks	1/2 cup	Sliced Cucumber