

★ GREAT BAY KIDS ★

Exeter Menu A June 29- July 3rd, July 27- 31, August 24-28, September 21-25

Breakfast

Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/4 Cup	1/2 Cup	Canned Pears	Orange slices Under 2 mandarin oranges	Vanilla yogurt	Canned tropical fruit	Bananas
Grain/Meat*	1/2 oz eq	1/2 oz eq	Pancakes and Sausage	Egg and cheese english muffin	Cheerios	Biscuits and eggs	Chex cereal

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

Lunch

			Ham and Cheese wrap	Pasta w/ turkey	Meatballs w/ creamy mashed potatoes	Sloppy joes	Sunbutter + jelly sandwich
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Peas	Tossed salad	Mashed potatoes	Fresh carrots	Cucumber slices
Fruit	1/8 Cup	1/4 Cup	Fresh fruit under 2 Canned peaches	Canned topical fruit	Fresh fruit	Fresh Fruit	Canned fruit cocktail
Grain	1/2 oz eq	1/2 oz eq	wrap	pasta	Dinner rolls	Hamburger rolls	Wheat Bread
Meat/Meat Alt	1 oz eq	1.5 oz eq	Ham + cheese	turkey	Turkey meatballs	beef	Sunbutter w/ cheese sticks

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	Fresh or canned Apples		Bananas	Fresh Fruit Canned Pears	Fresh Fruit
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Rice Cakes	Saltines	Fruit Muffins	Goldfish	Animal crackers
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	Sun Butter	American Cheese			
Yogurt	1/4 Cup	1/2 Cup					

*Snack Includes 2 different components

*Fresh Fruit includes Apples, Bananas, Oranges, Peaches, Pears, Plums.

Whole Milk for 1 year olds & 1% milk for 2 years old and up.

Great Bay Kids is an equal opportunity provider and employer.

WG = Whole Grain

WGR = Whole Grain Rich

WW = Whole Wheat

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Exeter Menu B July 6- 10, August 3-7, August 31- September 4, 2026

Breakfast

Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/4 Cup	1/2 Cup	Yogurt	Canned Tropical Fruit	Bananas	Canned Fruit Cocktail	Canned/Fresh pears
Grain/Meat*	1/2 oz eq	1/2 oz eq	Cheerios	Waffles W/syrup	Rice Krispies	French toast & Sausage	Wheat bread

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

Lunch

			Turkey and cheese sandwich	Cheesy ground beef	French onion meatballs	Salami and ham Sandwich	Hot Turkey Dogs
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Peas	Wax beans	corn		Tater tots
Fruit	1/8 Cup	1/4 Cup	Fresh Fruit	Mandarin oranges	Canned peaches	Sliced tomatoes and fresh fruit	Bananas
Grain	1/2 oz eq	1/2 oz eq	Hamburger rolls	Pasta	orzo	Sub rolls	Hotdog Rolls
Meat/Meat Alt	1 oz eq	1.5 oz eq	Turkey and cheese	beef	Turkey meatballs	Salami w/ ham and cheese	Turkey Dogs

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	Canned tropical fruit	salsa	Canned Fruit cocktail	Bananas	Fresh fruit
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Goldfish	Tortilla chips under 3 pita chips	Cheez-it's	Chocolate rice cakes	Animal crackers
Meat/Meat Alt	1/2 oz eq	1/2 oz eq		American cheese		Sunbutter	
Yogurt	1/4 Cup	1/2 Cup					

*Snack Includes 2 different components

*Fresh Fruit includes Apples, Bananas, Oranges, Peaches, Pears, Plums.

Whole Milk for 1 year olds & 1% milk for 2 years old and up.

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Exeter Menu C Week of July 13-17, August 10-14, September 7-11, 2026

Breakfast

Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/4 Cup	1/2 Cup	Fresh Fruit	Bananas	Canned or fresh pears	bananas	Canned fruit cocktail
Grain/Meat*	1/2 oz eq	1/2 oz eq	Vanilla yogurt w/ cheerios	French Toast	Raisin bread w/ Sunbutter	Corn chex	Made good bars

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

Lunch

			Sunbutter and jelly w/ cheese sticks	Sloppy joes	Turkey and ham wrap	Pasta w/ ground chicken	Crispy chicken wrap
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Fresh carrots	Tossed salad	Green beans	Peas	Lettuce
Fruit	1/8 Cup	1/4 Cup	Fresh fruit	Canned pineapples	Canned tropical fruit	Fresh fruit	Tomato and fresh fruit
Grain	1/2 oz eq	1/2 oz eq	Wheat bread	Hamburger rolls	Tortilla wrap	Pasta	Tortilla wrap
Meat/Meat Alt	1 oz eq	1.5 oz eq	Sunbutter and jelly w/ cheese sticks	Beef	Turkey and ham	Ground chicken	Crispy chicken w/shredded cheese

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	salsa	Apples	Fresh fruit		
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Tortilla chips under 3 pita bread	Biscuits	Sun chips under 3 graham crackers	Nutrigrain bars	Ritz crackers
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	American cheese				American Cheese Pepperoni
Yogurt	1/4 Cup	1/2 Cup				Blueberry yogurt	

*Snack Includes 2 different components

*Fresh Fruit includes Apples, Bananas, Oranges, Peaches, Pears, Plums.

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Exeter Menu D July 20-24, August 17-21, September 14-18, 2026

Breakfast

Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/4 Cup	1/2 Cup	Fresh Fruit	Canned pineapples	Bananas	canned/fresh pears	Fresh Papaya
Grain/Meat*	1/2 oz eq	1/2 oz eq	Nutrigrain Bars	Pancakes	Rice Krispies	waffles	Biscuits w/ sausage

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

Lunch

			Monday	Tuesday	Wednesday	Thursday	Friday
			Pasta w/ beef	Turkey and salami wrap	Mac and cheese w/ chicken	Ham and cheese sandwich	Turkey dogs
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Corn	Cucumbers	Peas	Fresh Carrots	Tater Tots
Fruit	1/8 Cup	1/4 Cup	Fresh or canned Peach	Fresh Fruit	Canned pineapple	Fresh fruit	Canned Peaches
Grain	1/2 oz eq	1/2 oz eq	Pasta	wrap	Pasta	Wheat bread	Hotdog rolls
Meat/Meat Alt	1 oz eq	1.5 oz eq	Beef	Turkey and salami	Chicken and cheese	Ham and cheese	Turkey dogs

*Lunch includes all 5 components above

Snack

			Monday	Tuesday	Wednesday	Thursday	Friday
Fruit	1/2 Cup	1/2 Cup	Apple sauce	Fresh Fruit		Fresh or canned apples	bananas
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Goldfish	Chex mix under 2 cereal mix	Soft pretzels	Chocolate or apple cinnamon rice cakes	Fig Bars
Meat/Meat Alt	1/2 oz eq	1/2 oz eq			Cheese sticks		
Yogurt	1/4 Cup	1/2 Cup					

*Snack Includes 2 different components

*Fresh Fruit includes Apples, Bananas, Oranges, Peaches, Pears, Plums.

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