



MENU FOR MASSACHUSETTS  
Fall 2025 - Winter 2026

- The Inspire Kitchen is founded on a fresh, from-scratch philosophy, building children with healthy bodies and minds.
- At Inspire, we serve a rotation of protein varieties including plant-based options weekly.

- Our fish is Ocean Wise, meaning it is sustainably sourced while reducing factors that contribute to climate change.
- We are proud to practice family-style dining, which empowers children to make their own choices and develop fine motor skills.
- Our team of food experts work to accommodate your child's allergies.



Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>• WG Tasty Toast &amp; Butter</li> <li>• Cantaloupe Cubes</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Yummy Yogurt &amp; WG Groovy Granola</li> <li>• Outstanding Orange</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG French Toast &amp; Syrup</li> <li>• Admirable Applesauce</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Cereal</li> <li>• Bubbly Banana</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Blueberry Muffin</li> <li>• Honeydew Melon Munchies</li> <li>• Milk</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>• Roaring Rosé Lentil Pasta</li> <li>• WG Popular Pasta</li> <li>• Harvest Blend</li> <li>• Awesome Apple</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki Chicken</li> <li>• WG Brilliant Brown Rice</li> <li>• Petite Peas</li> <li>• Honeydew Melon Munchies</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chitty Chitty Beef Chili</li> <li>• Garlic Bread</li> <li>• Crazy Carrots</li> <li>• Perfect Pear</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cluck &amp; Crunch Casserole</li> <li>• WG Marching Macaroni</li> <li>• Bold Broccoli</li> <li>• Cantaloupe Cubes</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Burrito Bowl</li> <li>• WG Brilliant Brown Rice</li> <li>• Cuddly Corn</li> <li>• Outstanding Orange</li> <li>• Milk</li> </ul>
PM SNACK	<ul style="list-style-type: none"> <li>• WG Oatmeal Cookie</li> <li>• Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>• WG Creative Crackers</li> <li>• Cucumber Coins</li> </ul>	<ul style="list-style-type: none"> <li>• WG Trail Mix</li> <li>• Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>• WG Wow Butter Jammy Sammy</li> </ul>	<ul style="list-style-type: none"> <li>• Garden Salsa</li> <li>• Tortilla Chips*</li> </ul>
BYE BYE BITES	<ul style="list-style-type: none"> <li>• Chai Spice Loaf</li> </ul>	<ul style="list-style-type: none"> <li>• WG Golden Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Spiced Pumpkin Loaf</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Gingerbread Loaf</li> </ul>

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>• WG Cereal</li> <li>• Bubbly Banana</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Peppy Pancake &amp; Syrup</li> <li>• Outstanding Orange</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Bagel &amp; Cream Cheese</li> <li>• Admirable Applesauce</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberry Smoothie</li> <li>• WG Trail Mix</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Banana Bread</li> <li>• Perfect Pear</li> <li>• Milk</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>• Sunny Sandwich Day</li> <li>• WG Bountiful Bread</li> <li>• Crazy Carrots</li> <li>• Cantaloupe Cubes</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Coy Corn Bake</li> <li>• WG Brilliant Brown Rice</li> <li>• Cuddly Corn</li> <li>• Honeydew Melon Munchies</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Swedish Meatballs</li> <li>• WG Butter Biscuit</li> <li>• Harvest Blend</li> <li>• Perfect Pear</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fancy Fish Tacos &amp; Tango Salsa</li> <li>• WG Twinkly Tortilla</li> <li>• Petite Peas</li> <li>• Outstanding Orange</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Maple Dijon Chicken</li> <li>• WG Brilliant Brown Rice</li> <li>• Bold Broccoli</li> <li>• Awesome Apple</li> <li>• Milk</li> </ul>
PM SNACK	<ul style="list-style-type: none"> <li>• Rad Ranch Dip &amp; Cucumber Coins</li> <li>• Playful Pita</li> </ul>	<ul style="list-style-type: none"> <li>• WG Pizza Stackers</li> </ul>	<ul style="list-style-type: none"> <li>• WG Berrylicious Crisp</li> <li>• Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>• WG Golden Graham Crackers</li> <li>• Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>• Yummy Yogurt</li> <li>• Honeydew Melon Munchies</li> </ul>
BYE BYE BITES	<ul style="list-style-type: none"> <li>• Chai Spice Loaf</li> </ul>	<ul style="list-style-type: none"> <li>• WG Golden Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Spiced Pumpkin Loaf</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Gingerbread Loaf</li> </ul>

- We drink milk at breakfast and lunch.
- We drink water every time we eat.



- Before placing your order, please inform your server if a person in your party has a food allergy.

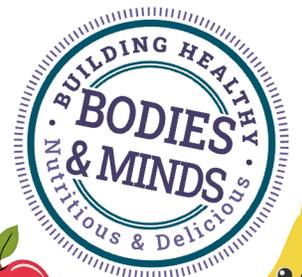
\* Infants to have pita instead of tortilla chips.



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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>• WG Tasty Toast &amp; Butter</li> <li>• Outstanding Orange</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Cereal</li> <li>• Admirable Applesauce</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Yummy Yogurt &amp; WG Groovy Granola</li> <li>• Honeydew Melon Munchies</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG French Toast &amp; Syrup</li> <li>• Cantaloupe Cubes</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Strawberry Muffin</li> <li>• Awesome Apple</li> <li>• Milk</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>• Marvellous Mac n' Cheese</li> <li>• WG Marching Macaroni</li> <li>• Peas &amp; Carrots</li> <li>• Cantaloupe Cubes</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Big Mac Sliders</li> <li>• Burger Bun</li> <li>• Harvest Blend</li> <li>• Perfect Pear</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Fried Rice</li> <li>• WG Brilliant Brown Rice</li> <li>• Cuddly Corn</li> <li>• Awesome Apple</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Brazen Beef Ziti</li> <li>• WG Popular Pasta</li> <li>• Petite Peas</li> <li>• Bubbly Banana</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Enchiladas</li> <li>• WG Twinkly Tortilla</li> <li>• Crazy Carrots</li> <li>• Honeydew Melon Munchies</li> <li>• Milk</li> </ul>
PM SNACK	<ul style="list-style-type: none"> <li>• WG Creative Crackers</li> <li>• Cucumber Coins</li> </ul>	<ul style="list-style-type: none"> <li>• WG Oatmeal Cookie</li> <li>• Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>• WG Trail Mix</li> <li>• Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Garden Salsa</li> <li>• Tortilla Chips*</li> </ul>	<ul style="list-style-type: none"> <li>• WG Wow Butter Jammy Sammy</li> </ul>
BYE BYE BITES	<ul style="list-style-type: none"> <li>• Chai Spice Loaf</li> </ul>	<ul style="list-style-type: none"> <li>• WG Golden Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Spiced Pumpkin Loaf</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Gingerbread Loaf</li> </ul>

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>• WG Cereal</li> <li>• Honeydew Melon Munchies</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Peppy Pancake &amp; Syrup</li> <li>• Cantaloupe Cubes</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Bagel &amp; Cream Cheese</li> <li>• Bubbly Banana</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Smoothie</li> <li>• WG Trail Mix</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Banana Bread</li> <li>• Awesome Apple</li> <li>• Milk</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>• Sunny Sandwich Day</li> <li>• WG Bountiful Bread</li> <li>• Cuddly Corn</li> <li>• Outstanding Orange</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Magic Meatballs</li> <li>• WG Brilliant Brown Rice</li> <li>• Petite Peas</li> <li>• Bubbly Banana</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Shake n' Bake Chicken</li> <li>• Garlic Bread</li> <li>• Harvest Blend</li> <li>• Honeydew Melon Munchies</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Holiday Turkey &amp; Cranberry Sauce</li> <li>• WG Butter Biscuit</li> <li>• Peas &amp; Carrots</li> <li>• Outstanding Orange</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Charming Cheese Tortellini</li> <li>• WG Popular Pasta</li> <li>• Crazy Carrots</li> <li>• Cantaloupe Cubes</li> <li>• Milk</li> </ul>
PM SNACK	<ul style="list-style-type: none"> <li>• WG Golden Graham Crackers</li> <li>• Admirable Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• WG Berrylicious Crisp</li> <li>• Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>• Yummy Yogurt</li> <li>• Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>• WG Pizza Stackers</li> </ul>	<ul style="list-style-type: none"> <li>• Rad Ranch Dip &amp; Cucumber Coins</li> <li>• Playful Pita</li> </ul>
BYE BYE BITES	<ul style="list-style-type: none"> <li>• Chai Spice Loaf</li> </ul>	<ul style="list-style-type: none"> <li>• WG Golden Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Spiced Pumpkin Loaf</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Gingerbread Loaf</li> </ul>

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