



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 3	Breakfast	WG English Muffin w/Avocado or Hummus Spread, Fruit 3	WG Cereal, Gogurt, Fruit 4	WG Bagel, Cheese Slice, Fruit 5	WG French Toast Sticks, Ham Patty, Fruit 6	Eggs, Fruit 7
	Lunch	Chicken Thighs, Boneless Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	Meatballs, Pasta Sauce & Spiral Zucchini "noodles" WG Roll, Fruit	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing	Pollock (Fish) Sticks , WG Bun Veggie, Fruit	*Chicken, Cheese Pasta Salad Vegetable, Fruit
	Snack	WG Crackers, Cheese	Veggie Sticks, Fresh Fruit	Soft Pretzel, Milk	Pick Up Kix Apples, Sun Butter, Kix Cereal	Turkey on WG Bun
Week 4	Breakfast	Sunbutter Sandwich, Fruit 10	Eggs, Fruit 11	WG Cereal, Cheese Stick, Fruit 12	WG Pancake & Greek Yogurt Roll Up, Fruit 13	Ham Patty, WG Biscuit, Fruit 14
	Lunch	Chicken , Fruit or Vegetable, Additional Vegetable, WG Bread/Grain	*Veggie & Cheese Delight WG Tortilla Rollup , Fruit	*Chicken Ranch WG Pita Pocket Romain Lettuce, Diced Tomatoes, Fruit	Sausage Crumble & Cheese on WG Hoagie Roll Veggie, Fruit	*Quesadilla WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit
	Snack	Sweet Potato Cracker, Milk	WG Chex Mix, Fresh Fruit	Fresh Veggie, Dip, Graham Cracker	Ham on Hawaiian Bun	Gogurt, WG Cereal
Week 1	Breakfast	Eggs, Fruit 17	WG Tortilla, Sunbutter, Banana, Cheerio Wrap 18	WG Sandwich Thin, Turkey Sausage Patty, Fruit 19	Scrambled Egg WG Tortilla Wrap, Fruit 20	WG Banana Muffin, String Cheese & Fruit 21
	Lunch	Diced Chicken, Vegetable Blend & WG Yakisoba Noodles, Sauce , Fruit	*Chickpea Salad WG Sandwich Veggie, Fruit	WG Chicken Potstickers Dipping Sauce, Edamame, Coleslaw, Fruit	Meatloaf (low sodium) Minced Cauliflower" Rice", Fruit, WG Roll	Italian Dunkers Melted Cheese on WG Hot Dog Bun, Marinara Sauce, Fruit, Vegetarian Beans
	Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	WG Cheez-its, Mango	Cheese & Fresh Fruit	Hard Boiled Egg, Veggie Sticks	Tropical Dragon Fruit, WG Soft Pretzel
Week 2	Breakfast	WG Cereal, Ham Patty, Fruit 24	Croissant, Turkey, Fruit 25	WG Waffle & Sunbutter Sandwich, Fruit 26	Eggs, Fruit 27	WG Turkey Sausage Pizza, Fruit 28
	Lunch	California Cheeseburger Tomato, Lettuce, WG Bun	WG Lasagna Roll Up , Pasta Sauce, Cheese, Fruit, Vegetable	Chicken , Fruit or Vegetable, Additional Vegetable, WG Bread/Grain	Mac N' Cheese- Reduced Sodium Ham/Turkey , Fruit, Green Vegetable	*Sunny Lemon Chicken WG Noodles Vegetable, Fesh Fruit
	Snack	Graham Crackers & Fruit	Red Pepper Hummus & WG Breadstick	String cheese & Applesauce	WG Biscuit & Sun Butter, Fresh Fruit	Pita Bread Chips, Jicama Sticks, Dip
Breakfast						
Lunch						
Snack						

MEAL STANDARD GUIDELINES: Milk is served with every breakfast and lunch. Ages 12-23 months are served whole milk. Ages 2 and older are served skim milk.

Whole grain and lower sugar cereals exclusively served: Cheerios, Chex, Life, Corn Flakes, Kix, Toasty O's , Wheaties **Fruits and vegetables:** Fresh/frozen, canned (no sugar added)

Raw, hard vegetables: steamed or substituted for infants/toddlers **Yogurt:** Less than 23 grams of total sugar per 6 ounces **Water:** Offered and available throughout the day

WG=Whole Grain (served 2-3 meals/day) Vegetarian substitutions offered for children that practice exclusively vegetarian * Kitchen Managers recipe for reference