New Horizon Academy

Idaho

March 2025

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Week 2	Meat/Meat Alternate, Bread/Grain Fruit or Veggie **3**	WG Cereal, Meat/Meat Alternate, Fruit or Veggie **4**	WG Waffle & Sunbutter Sandwich, Fruit or Veggie **5**	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers **6**	Bagel, Sunbutter, Fruit or Veggie **7**
Lunch		*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots	*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Veggie, Fruit	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit, Roll
Snack		Spinach/Lettuce, Deli Meat Roll Up	String cheese & Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk
Breakfast	Week 3	Bagel, Cheese Slice, Fruit or Veggie **10**	WG Cereal, Gogurt/Yogurt, Fruit or Veggie **11**	Egg Patty, English Muffin, Avocado Spread **12**	Build My WG Waffle "Pizza", Cream Cheese, Berries **13**	WG French Toast Sticks, Cottage Cheese, Fruit/Veggie **14**
Lunch		Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	Cheese, Sausage Crumble & Mushroom English Muffin Pizza, Fruit or Veggie	Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato	*Tuna Salad on WG Bun Green Vegetable, Fruit, WG Bun	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit, Veggie
Snack		WG Champ Bite Crackers, Milk	WG Buttermilk Biscuit, Fresh Fruit	WG Cheese Crackers & WG Cereal(s) Medley, Fresh Veggie	Cheese on WG Bun	WG Tortilla, Cream Cheese, Veggie Roll Up
Breakfast	Week 4	SunButter WG Sandwich, Fruit or Veggie **17**	Scrambled Egg Bowl Potato Chunks, Corn, Salsa **18**	Apple/Pear, Sunbutter, Sandwich **19**	WG Cereal, Ham Patty, Fruit or Veggie **20**	WG Biscuit, Sausage Gravy, Veggie or Fruit **21**
Lunch		Shredded Chicken & BBQ Sauce WG Bun, Fruit, Veggie	Chicken, Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	*Sloppy Sandwiches Meat/Meatless Crumble Choice, Cheese, WG Bun, Fruit, Veggie	*Baked Bean Chili Ground Beef Crumble, WG Bread Choice, Veggie, Fruit	WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack		Build My Own Cucumber & Cheese "Sandwich"	Bagel, Cheese Slice	Granola, Gogurt/Yogurt	Fresh Veggie, Dip, Fresh Fruit	WG Goldfish, Fresh Fruit
Breakfast	Week 1	Burrito Eggs, Veggie Choice, Cheese, WG Tortilla **24**	WG French Toast, Cottage Cheese, Fruit or Veggie **25**	Turkey Sausage Breakfast Sandwich Fruit or Veggie **26**	Build My Own Parfait Yogurt, Berries & WG Cereal **27**	English Muffin, Sunbutter Fruit or Veggie **28**
Lunch		California Hamburger WG Bun, Tomato, Lettuce, Vegetarian Beans	Shepherd's Pie Beef Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable	Pork Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Mexican Chicken Grilled Chicken, Shredded Cheese, Rice, Black Beans, Avocado	Eggs. Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack		Pita Bread Triangles, Veggie Sticks, Dip	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Cereal
Breakfast	Week 2	Meat/Meat Alternate, Bread/Grain Fruit or Veggie **31**				
Lunch		*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots				
Snack		Spinach/Lettuce, Deli Meat Roll Up				

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, Oatmeal **Fruits and vegetables:** Fresh/frozen, canned (no sugar added)

Raw, Hard vegetables: steamed or substituted for infants/toddlers **Yogurt:** No more than 12 grams of added sugar per 6 oz **Water:** Offered and available throughout the day

WG=Whole Grain (served 2-3 meals/day) Vegetarian substitutions offered for children that practice exclusively vegetarian **Honey**: Not served to children under age 1

* Kitchen Managers recipe for reference