



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Breakfast English Muffin w/Avocado Spread or Hummus, Fruit 1	WG Cereal, Chef's Choice Protein, Fruit 2	WG Bagel, Cheese Slice, Fruit 3	NHA CLOSED	Scrambled Egg Patty, Fruit 5
	Lunch Chicken Thigh Boneless Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	WG Pasta & Meatballs Vegetable, Fruit	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing		*Chicken, Cheese & Pasta Salad Vegetable, Fruit
	Snack WG Crackers, Cheese	Veggie Sticks, Dip, Fresh Fruit	Pretzel Goldfish, Fruit or Vegetable		Pick Up Kix Apples, Sun Butter, Kix Cereal
Week 4	Breakfast Chef's Choice Grain, Meat/Meat Alternate, Fruit 8	Eggs Fruit 9	WG Cereal, Chef's Protein Choice, Fruit 10	WG Pancake, Topping, Protein Choice, Fruit 11	WG Pita, Sunbutter, Fruit 12
	Lunch Grilled Chicken w/BBQ Sauce WG Bun, Fruit, Vegetable	*Veggie & Cheese Delight WG Tortilla Rollup Fruit	*Chicken Ranch WG Pita Pocket Romain Lettuce, Diced Tomatoes, Fruit	WG Cheese Pizza Yogurt, Green Veggie, Fruit	*Quesadilla WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit
	Snack WG Black Bean Crackers & Black Beans w/Salsa	WG Chex Mix, Fresh Veggie	Gogurt, Fresh Fruit	WG Cereal & Milk	Chef's Choice Choose Two: Protein, Fruit, Veggie, Grain, Milk
Week 1	Breakfast WG Cereal, Chef's Protein Choice, Fruit 15	WG Tortilla, Sun Butter, Banana & Cheerio Wrap 16	Chef's Choice Grain, Protein, Fruit, or Veggie 17	WG Waffle, Topping, Protein Choice, Fruit 18	Muffin, Chef's Choice Protein, Fruit 19
	Lunch Chef's Choice Protein Fruit, Vegetable, WG Bread/Grain	Chicken 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 Bun, Marinara Sauce, Fruit, Colored Cauliflower
	Snack WG Soft Pretzel, Cheese Cubes	WG Cheez-Its, Mango	WG Goldfish, Fruit	Fresh Veggie & Fruit	Hummus, WG Soft Breadstick
Week 2	Breakfast English Muffin, Sunbutter, Fruit 22	Melted Cheese WG Tortilla Wrap, Salsa, Fruit 23	WG Cereal, Chef's Choice Protein, Fruit 24	Eggs, Fruit 25	WG Turkey Sausage Breakfast Pizza, Fruit 26
	Lunch California Cheeseburger Tomato, Lettuce, WG Bun	WG Lasagna Roll Up , Pasta Sauce, Cottage Cheese, Snap Peas, Vegetable	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese & Diced Ham Fruit, Green Chickpeas	*Sunny Lemon Chicken WG Noodles Peas, Fesh Fruit
	Snack Graham Crackers & Fruit	Muffin, Hard Boiled Egg	String cheese & Fresh Veggie Sticks	WG Biscuit & Sunbutter, Fresh Fruit	Pita Bread, Jicama Sticks, Dip
Week 3	Breakfast English Muffin w/Avocado Spread or Hummus, Fruit 29	WG Cereal, Chef's Choice Protein, Fruit 30	WG Bagel, Cheese Slice, Fruit 31		
	Lunch Chicken Thigh Boneless Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	WG Pasta & Meatballs Vegetable, Fruit	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing		
	Snack WG Crackers, Cheese	Veggie Sticks, Dip, Fresh Fruit	Pretzel Goldfish, Applesauce		

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) * Kitchen Managers recipe for reference