



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG English Muffin w/Melted Cheese, Fruit 1	WG Cereal, Protein Choice, Fruit 2	WG Bagel, Cheese Slice, Fruit 3	4	Eggs, Fruit 5
Lunch	Chicken Thigh, Boneless Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	Spaghetti & Meatballs, Pasta Sauce Vegetable Blend, Fruit	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing	NHA Closed	
Snack	WG Crackers, Cheese	Veggie Sticks, Fresh Fruit	Soft Pretzel, Milk		
Breakfast	WG Cereal, Chef's Protein Choice, Fruit 8	Eggs, Fruit 9	WG Cereal, Chef's Protein Choice, Fruit 10	WG Pancake, Topping, Chef's Protein Choice, Fruit 11	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 12
Lunch	Chef's Choice Meat/Meat Alternate, Fruit, 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 Roll Green Veggie, Fruit	Meatloaf Cauliflower" Rice", Fruit, WG Roll
Snack	Milk & WG Chex Mix	Hard Boiled Egg, Fresh Veggie, Dip	Mini Bagel, Cream Cheese, Fresh Fruit	Cheese & WG Crackers	Fresh Veggie, Roasted Red Pepper Hummus
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit 15	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 16	WG Sandwich Thin, Turkey Sausage Patty, Fruit 17	WG Waffle, Topping, Chef's Protein Choice, Fruit 18	WG Cereal, Chef's Protein Choice, Fruit 19
Lunch	Grilled Chicken Strips (Low Sodium) Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice	WG Chicken Salad Sandwich Veggie, Fruit	*Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit	*Quesadilla WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit	Italian Dunkers Melted Cheese on WG Hot Dog Bun, Marinara Sauce, Fruit, Vegetarian Beans
Snack	Ham on WG Bun	Blueberry Lemon Crispy Bites, Fresh Veggie	Chef's Choice Choose Two: Meat/Meat Alternate, Fruit, Veggie,	WG Cheez-Its, Milk	Snap Peas & Apple Slices w/Cinnamon
Breakfast	WG Cereal, Ham Patty, Fruit 22	Greek Yogurt, Granola, Fruit 23	WG Waffle & Sunbutter Sandwich, 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, Cheese, Snap Peas, Additional Vegetable	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese & Diced Ham Oranges, Edamame V- Mac N' Cheese	*Sunny Lemon Chicken WG Noodles Peas, Fesh Fruit
Snack	Graham Crackers & Fruit	Tropical Fruit, Breadstick	String cheese & Veggie Sticks	WG Muffin & Milk	Fruit, WG Biscuit & Sunbutter
Breakfast	WG English Muffin w/Melted Cheese, Fruit 29	WG Cereal, Protein Choice, Fruit 30	WG Bagel, Cheese Slice, Fruit 31		
Lunch	Chicken Thigh, Boneless Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	Spaghetti & Meatballs, Pasta Sauce Vegetable Blend, Fruit	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing		
Snack	WG Crackers, Cheese	Veggie Sticks, Fresh Fruit	Soft Pretzel, Milk		

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) V=Vegetarian for children that practice exclusively vegetarian * Kitchen Managers recipe for reference