



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 3	Breakfast	English Muffin w/Hummus or Avocado Spread, Fruit 1	WG Cereal, Chef's Protein Choice Fruit 2	WG Bagel, Cheese Slice, Fruit 3	NHA Closed	WG French Toast Sticks, String Cheese, Fruit 5
	Lunch	Chicken Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	Meatballs, Pasta, Pasta Sauce Crinkle Cut Zucchini Fruit	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing		*Quesadilla WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit
	Snack	WG Crackers, Cheese	Veggie Sticks, Fresh Fruit	Soft Pretzel, Milk		Turkey on WG Bun
Week 4	Breakfast	Sunbutter Sandwich, Fruit 8	Eggs, Salsa, Fruit 9	WG Cereal, Chef's Protein Choice, Fruit 10	WG Pancake, Sunbutter, Fruit 11	WG Bagel, Chef's Choice Protein, 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 Patty & Cheese on WG Hoagie Roll Green Veggie, Fruit	Meatloaf Cauliflower, Fruit, WG Roll
	Snack	Hard Boiled Egg, Fruit	Cheese & WG Crackers	Gogurt, Fresh Fruit	WG Cereal & Milk	Choose Two : Meat/Meat Alternate, Fruit, Veggie, Grain, Milk
Week 1	Breakfast	Eggs, Fruit 15	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 16	Turkey Sausage Patty, Bread Choice, 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 V- Same	*Asian WG Fried Rice Diced Chicken, Edamame, Fruit	*Chicken & Pasta Salad Cheese, Broccoli, Fruit	Italian Dunkers Melted Cheese on WG Hot Dog Bun, Marinara Sauce, Fruit, Vegetarian Beans
	Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Cheese, WG Bun	WG Cheez-Its, Fresh Fruit	Snap Peas & Apple Slices	Hummus, Breadstick
Week 2	Breakfast	WG Waffle & Sunbutter Sandwich, Fruit 22	Melted Cheese WG Tortilla Wrap, Salsa, Fruit 23	WG Cereal, Chef's Protein Choice, Fruit 24	Eggs, Fruit 25	WG Pancake, Yogurt Topping, Fruit 26
	Lunch	California Cheeseburger Tomato, Lettuce, WG Bun	Vegetable Lasagna Cottage Cheese, Vegetable, Fruit	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	WG Mac N' Cheese & Diced Ham Fruit, Green Veggie	*Sunny Lemon Chicken WG Noodles Vegetable, Fesh Fruit
	Snack	Graham Crackers & Fruit	Hummus & WG Breadstick	String cheese & Fresh Veggie Sticks	Fresh Veggie & WG Cracker	WG Biscuit, Fruit
Week 3	Breakfast	English Muffin w/Hummus or Avocado Spread, Fruit 29	WG Cereal, Chef's Protein Choice Fruit 30	WG Bagel, Cheese Slice, Fruit 31		
	Lunch	Chicken Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	Meatballs, Pasta, Pasta Sauce Crinkle Cut Zucchini 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 **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**