



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG English Muffin w/Melted Cheese, Fruit 1	WG Cereal, Protein Chef's Choice, Fruit 2	WG Bagel, Protein Chef's Choice, Fruit 3	NHA Closed	Omelet, Fruit 5
Lunch	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit	Meatballs & Penne Pasta Pasta Sauce, Crinkle Zucchini, Fruit	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing		*Chicken & Pasta Salad Cheese, Green Veggie, Fruit
Snack	WG Roll & Mandarin Oranges	Veggie Stick & Dips, Fresh Fruit	Pita Bread Chips, Hummus		Pick Up Kix Apples, Sun Butter, Kix Cereal
Breakfast	Sun Butter WG Sandwich, Fruit 8	Eggs, Fruit 9	WG Cereal, Protein Chef's Choice, Fruit 10	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 11	WG Pancake, Sun Butter, 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	*Quesadilla WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit
Snack	Soft Pretzel, Fresh Veggie	WG Chex Mix, Cheese	Gogurt, Fresh Fruit	Fresh Veggies, WG Crackers	WG Crackers, Milk
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit 15	WG Tortilla, Sun Butter, Banana & Cheerio Wrap 16	Turkey Sausage Patty, English Muffin, Fruit 17	WG Waffle, Topping, Protein Choice, Fruit 18	WG Cereal, Protein Choice, Fruit 19
Lunch	Grilled Chicken Strips (Low Sodium) Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice	*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, Cauliflower
Snack	Chef's Choice Choose Two : Meat/Meat Alternate, Fruit, Veggie,	WG Cheez-Its, Fruit	Cheese & WG Bun	Snap Peas & Apple Slices	Soft Pretzel, Fresh Vegetable
Breakfast	WG Cereal, Ham Patty, Fruit 22	Melted Cheese on Tortilla, Salsa, Fruit 23	WG Cereal, Protein Chef's Choice, Fruit 24	Hard Cooked 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, Fruit, Vegetable	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese- Reduced Sodium Ham , Fruit, Green Chickpeas	*Sunny Lemon Chicken WG Noodles Vegetable, Fesh Fruit
Snack	Graham Crackers & Fresh Fruit	Tropical Dragon Fruit, String Cheese	Muffin & Milk	WG English Muffin & Sun Butter	WG Crackers & Fresh Veggie
Breakfast	WG English Muffin w/Melted Cheese, Fruit 29	WG Cereal, Protein Chef's Choice, Fruit 30	WG Bagel, Protein Chef's Choice, Fruit 31		
Lunch	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit	Meatballs & Penne Pasta Pasta Sauce, Crinkle Zucchini, Fruit	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing		
Snack	WG Roll & Mandarin Oranges	Veggie Sticks, Fresh Fruit	Pita Bread Chips, Hummus		

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**