



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG English Muffin w/Avocado or Hummus Spread, Fruit <b>1</b>	WG Cereal, Gogurt, Fruit <b>2</b>	WG Bagel, Cheese Slice, Fruit <b>3</b>	<b>4</b>	Eggs, Fruit <b>5</b>
Lunch	<b>Chicken Thighs (Boneless) Mashed</b> Potato, Low Sodium Gravy, Green Vegetable, WG Bread	<b>Meatball Sub</b> WG Bun, Spiral Zucchini, Fruit	<b>*Asian Chicken Salad</b> Mandarin Oranges, Cucumber, Carrots, Lettuce, WG Breadstick	<b>NHA Closed</b>	
Snack	WG Crackers, Cheese	Veggie Sticks, Fresh Fruit	WG Cereal, Fruit		
Breakfast	Sunbutter Sandwich, Fruit <b>8</b>	Eggs, Fruit <b>9</b>	WG Cereal, Cheese Stick, Fruit <b>10</b>	WG Pancake & Greek Yogurt Roll Up, Fruit <b>11</b>	Ham Patty, WG Biscuit, Fruit <b>12</b>
Lunch	<b>*Chicken, Cheese Pasta Salad</b> Vegetable, Fruit	<b>*Veggie &amp; Cheese Delight WG Tortilla Rollup</b> , Fruit	<b>*Chicken Ranch Pita Sandwich</b> Romain Lettuce, Diced Tomatoes, Fruit	<b>Turkey &amp; Cheese on WG Hoagie Roll</b> Veggie, Fruit	<b>*Quesadilla</b> WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit
Snack	Ham/Turkey on Hawaiian Bun	WG Chex Mix, Fresh Fruit	Fresh Veggie , WG Teddy Grahams	Sweet Potato Cracker, Milk	WG Bagel, Fruit
Breakfast	Eggs, Fruit <b>15</b>	WG Tortilla, Sunbutter, Banana, Cheerio Wrap <b>16</b>	WG Sandwich Thin, Turkey Sausage Patty, Fruit <b>17</b>	Scrambled Egg WG Tortilla Wrap, Fruit <b>18</b>	WG Banana Muffin, String Cheese & Fruit <b>19</b>
Lunch	<b>Diced Chicken, Vegetable Blend &amp; WG Yakisoba Noodles</b> , Low Sodium Stir Fry Sauce, Fruit	<b>Chicken &amp; WG Pastas w/ Alfredo Sauce</b> , Green Veggie, Fruit	<b>WG Chicken Potstickers</b> Dipping Sauce Choice, Edamame, Coleslaw, Fruit	<b>Meatloaf (low sodium)</b> Minced Cauliflower" Rice", Fruit, WG Roll	<b>Italian Dunkers</b> Melted Cheese on WG Hot Dog Bun, Marinara Sauce, Fruit, Vegetarian Beans
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	WG Cheez-its, Mango	Cheese & Fresh Fruit	Hard Boiled Egg, Veggie Sticks	Tropical Dragon Fruit, WG Soft Pretzel
Breakfast	WG Cereal, Ham Patty, Fruit <b>22</b>	Croissant, Turkey, Fruit <b>23</b>	WG Waffle & Sunbutter Sandwich, Fruit <b>24</b>	Eggs, Fruit <b>25</b>	WG Turkey Sausage Pizza, Fruit <b>26</b>
Lunch	<b>California Cheeseburger</b> Tomato, Pickles, Lettuce, WG Bun	<b>WG Lasagna Roll Up</b> , Pasta Sauce, Cheese, Fruit, Vegetable	<b>WG Cheese Pizza</b> Yogurt, Diced Bell Pepper, Fruit	<b>Mac N' Cheese- Reduced Sodium Ham/Turkey</b> , Fruit, Green Vegetable	<b>*Sunny Lemon Chicken</b> WG Noodles Vegetable, Fesh Fruit
Snack	Graham Crackers & Fruit	String cheese & WG Breadstick	Red Pepper Hummus & Naan	WG Biscuit, Fresh Fruit	Pita Bread Chips, Jicama Sticks, Dip
Breakfast	WG English Muffin w/Avocado or Hummus Spread, Fruit <b>29</b>	WG Cereal, Gogurt, Fruit <b>30</b>	WG Bagel, Cheese Slice, Fruit <b>31</b>		
Lunch	<b>Chicken Thighs, Boneless</b> Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	<b>Meatball Sub</b> WG Bun, Spiral Zucchini, Fruit	<b>*Asian Chicken Salad</b> Mandarin Oranges, Cucumber, Carrots, Lettuce, WG Breadstick		
Snack	WG Crackers, Cheese	Veggie Sticks, Fresh Fruit	Cereal, Fruit		

**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) Vegetarian substitutions offered for children that practice exclusively vegetarian \* Kitchen Managers recipe for reference