

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				WG Waffle Sticks 1 Greek Vanilla Yogurt Dip, Fruit	Scrambled Eggs, WG Bread, Fruit 2
Lunch				Sloppy Meat Sandwiches Sweet Potato, WG Bun, Fruit V=Meatless Crumble	LS Grilled Chicken Strips Dip, WG Roll, Mashed Potato, Fruit V=Cheese & Yogurt
Snack				Cinnamon Apples & Cheese	WG Tortilla, Banana & SunButter Rollup
Breakfast	Hard Cooked Eggs, WG Biscuit, 5 Fruit	WG Bagel, Cheese Slice, Fruit 6	WG Pancakes, Sunbutter, Fruit 7	WG Cereal, Cottage Cheese, Fruit 8	Turkey Sausage Breakfast Pizza 9 Fruit
Lunch	S. American Red Beans & Organic Brown Quinoa , Green Peppers, LS Beans, V=Same	Ham, Broccoli & Cheese Potato Boat , WG Roll, Fruit V=Tofu/Tempeh	Cheese Flatbread/English Muffin Pizza Fruit, Vegetable, Yogurt V=Same	WG Pasta & Meatballs with Sauce , Vegetables, Fruit V=Meatless Crumble	Asian Chicken Salad Romaine Lettuce, Mandarin Oranges, Dressing, WG Roll V=Tofu/Tempeh
Snack	WG Cereal, Milk	Turkey on WG Bun	WG Goldfish Grahams, Mango	WG Blueberry Muffin, Milk	Zucchini Sticks, Dip, Cheese
Breakfast		Oatmeal, Fruit 13	Omelet, WG Bread, Fruit 14	WG French Toast Sticks, Cinnamon Dip, Fruit 15	Ham/Turkey & Cream Cheese 16 WG Tortilla Pinwheels, Fruit
Lunch	Closed for Professional Development	WG Mini Ravioli w/Pasta Sauce Cottage Cheese, WG Roll, Fruit, Veggie, V=Same	WG Grilled Chicken Nuggets Yogurt, Fruit, Butternut Squash, WG Bread V=Yogurt	California Burger on WG Bun Cheese, Tomato, Whipped Sweet Potato V=Veggie Burger	Shredded BBQ Chicken and Cheese WG Bun, Fruit, Baked Beans V=Tofu/Tempeh
Snack		Naan, Jicama, Tzatziki Dip	WG Soft Baked Pretzels, Honey Mustard Dip, Fresh Fruit	Tropical Dragon Fruit, WG Sweet Potato Crackers	Graham Crackers & Milk
Breakfast	Sausage Patty WG English Muffin Sandwich, Fruit 19	WG Bagel, Cream Cheese, Fruit 20	WG Cereal, Fruit 21	WG Buttermilk Biscuit and Cheese, Fruit 22	Eggs, WG Bread, Fruit 23
Lunch	Red Pozole Stew Chicken, Hominy, Fruit V= Tofu/Tempeh	Asian Teriyaki Chicken & Edamame WG Fried Rice , Fruit V=Tofu/Tempeh	Turkey, Cheese & Spinach WG Sandwich , Fruit V=Cheese & Yogurt	Egg Patty & Cheese WG English Muffin , Fruit, Vegetable V= Same	Diced Turkey & Mashed Potato, Gravy Fruit, WG Roll V= Tofu
Snack	WG Chex Mix, Fresh Veggies	WG SunButter Sandwich, Apples	Greek Yogurt & Berries	WG Goldfish Crackers, Fresh Fruit/Veggies	WG Cereal and Milk
Breakfast	Oatmeal, Fruit 26	WG Cereal, Fruit 27	WG Sandwich Thin w/ SunButter, Fruit 28	WG Waffle Sticks 29 Greek Vanilla Yogurt Dip, Fruit	Scrambled Eggs, WG Bread, Fruit 30
Lunch	Pineapple Chicken & Brown Rice Vegetable V=Tofu/Tempeh	Refried or Black Bean, Cheese & Lettuce Quesadilla, Fruit V=same	Chef's Choice Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	Sloppy Meat Sandwiches Sweet Potato, WG Bun, Fruit V=Meatless Crumble	LS Grilled Chicken Strips Dip, WG Roll, Vegetable, Fruit V=Cheese & Yogurt
Snack	Fresh Veggies, WG Black Bean Crackers	Pita Triangles, Red Pepper Hummus, Cheese Cubes	WG Mozzarella Breadstick, Marinara, Fruit	Cinnamon Apples & Cheese	WG Tortilla, Banana & SunButter Rollup

MEAL STANDARD GUIDELINES

Milk Served with every breakfast & lunch (Ages 12-23 months- Whole, Ages 2 & up-Skim) **Whole Grain & Lower Sugar Cereals Exclusively Served:** Cheerios, Chex, Life, Corn Flakes, Kix, Toasty O's **Fruits and Vegetables:** Fresh/frozen, Canned (no sugar added) **Two vegetables** may be served in place of a fruit at lunch **Raw, Hard Vegetable:** 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 **Food Feature=** Butternut Squash *Menu is subject to change