

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		WG Blueberry Muffin, Light String Cheese, Fruit 1	WG Sandwich Thin w/ SunButter, Fruit 2	WG Waffle Sticks 3 Greek Vanilla Yogurt Dip, Fruit	Scrambled Eggs, WG Bread, Fruit
Lunch		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 WG Roll, Fruit, Veggie Sticks V=Cheese & Yogurt
Snack		Pita Triangles, Red Pepper Hummus, Cheese Cubes	WG Mozzarella Breadstick, Marinara, Fruit	Cinnamon Apples & Cheese	WG Tortilla, Banana & SunButter Rollup
Breakfast		7	WG Bagel, Cheese Slice, Fruit 8	WG Pancakes, Sunbutter, Fruit 9	WG Cereal, Cottage Cheese, Fruit 10
Lunch	Center Closed Labor Day	WG Mini Ravioli w/Pasta Sauce Cottage Cheese, WG Roll, Fruit, Veggie, V=Same	Asian Teriyaki Chicken & Edamame WG Fried Rice , Fruit V=Tofu/Tempeh	Egg Patty & Cheese WG English Muffin , Fruit, Vegetable V=Same	WG Chicken Sandwich, Romaine Salad w/Berries V=Tofu/Tempeh
Snack		Turkey on WG Bun	WG Goldfish Grahams, Fruit	WG Crackers, Fresh Fruit	Cucumbers, Dip, Light String Cheese
Breakfast	WG Cereal, Cottage Cheese, Fruit 14	Greek Vanilla Yogurt, Granola, Fruit 15	Omelet, WG Bread, Fruit 16	WG French Toast Sticks, Cinnamon Dip, Fruit 17	Ham/Turkey & Cream Cheese 18 WG Tortilla Pinwheels, Fruit
Lunch	Shredded BBQ Chicken and Cheese WG Bun, Melon, Baked Beans V=Tofu/Tempeh	Ham, Broccoli & Cheese Potato Boat , WG Roll, Fruit V=Tofu/Tempeh	California Burger on WG Bun Cheese, Tomato, Romaine Lettuce, V=Veggie Burger	Chicken Fajita WG Tortilla, Veggie Blend, Fruit V=Tofu/Tempeh	WG English Muffin Cheese & Veggie Pizza Yogurt, Fruit V=Black Beans
Snack	WG Cheese Sandwich	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 English Muffin, Cheese Sandwich, Fruit 21	WG Cereal, Fruit 22	Bagel, Cream Cheese, Fruit 23	WG Buttermilk Biscuit and Cheese, Fruit 24	Eggs, WG Bread, Fruit 25
Lunch	S. American Red Beans & Organic Brown Quinoa , Green Peppers, LS Beans, V=Same	Chicken WG Penne Alfredo WG Breadstick, Broccoli, Fruit V=Tofu/Tempeh	Turkey, Cheese & Spinach WG Sandwich , Coleslaw, Fruit V=Cheese & Yogurt	WG Pasta & Meatballs with Sauce , Green Beans, Fruit V=Meatless Crumble	Turkey Fiesta Mac & Cheese Vegetable, Fruit V=Tofu/Tempeh
Snack	WG Chex Mix, Fresh Veggies	WG SunButter Sandwich, Apples	Greek Yogurt & Berries	WG Goldfish Crackers, Fresh Fruit/Veggies	WG Cereal and Milk
Breakfast	WG Cereal, Cheese, Fruit 28	WG Blueberry Muffin, Light String Cheese, Fruit 29	WG Sandwich Thin w/ SunButter, 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		
Snack	Fresh Veggies, WG Black Bean Crackers	Pita Triangles, Red Pepper Hummus, Cheese Cubes	WG Mozzarella Breadstick, Marinara, Fruit		

MEAL STANDARD GUIDELINES

Milk Served with every breakfast & lunch (Ages 1-2 Whole, Ages 2 and 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) **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=** Edamame *Menu is subject to change