



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 3	WG Cereal, Meat/Meat Alternate, Fruit or Veggie 4	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 5	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers 6	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie 7
Lunch	*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots	*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Sauce, Fruit, Veggie	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit
Snack	Build My Own Spinach/Lettuce, Deli Meat Roll Up	String cheese & WG Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternate, Fruit, Veggie, Bread/Grain, Milk
Breakfast	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie 10	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 11	Egg Patty, Avocado Spread, Croissant/WG English Muffin 12	Build My Waffle "Pizza" , Waffle, Cream Cheese, Berries 13	WG French Toast Sticks, Meat/Meat Alternate, Fruit 14
Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	WG Cheese, Sausage Crumble & Mushroom Pizza WG Crust Choice, Fruit or Veggie	Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bun	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit & Veggie or Two Vegetables
Snack	WG Champ Bite Crackers, Milk	Build my Own WG Tortilla, Cream Cheese, Veggie Roll Up	WG Cheese Crackers, WG Cereals Medley, Fresh Veggie	Cheese on WG Bun	WG Biscuit, Fruit
Breakfast	Apple/Pear, Sunbutter WG Pita 17	Scrambled Egg Bowl Potato Chunks, Corn, Salsa 18	Cheese WG Sandwich, Fruit or Veggie 19	WG Cereal, Ham Patty, Fruit or Veggie 20	WG Biscuit, Sausage Gravy, Veggie or Fruit 21
Lunch	*Sloppy Sandwiches Meat/Meatless Crumble Choice, WG Bun, Fruit, Veggie	Chicken, Penne with Alfredo Sauce Green Veggie, Fruit	Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	*Beef Picadillo Brown Rice Quinoa, Beef Crumble, Fruit, Vegetable	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack	WG Cereal/Granola, Fruit	Build My Own Cucumber & Cheese "Sandwich"	Gogurt/Yogurt, Berries	Graham Crackers/Teddy Grahams, Milk	WG Goldfish, Fresh Fruit or Veggie
Breakfast	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG 24	French Toast, Cottage Cheese, Fruit or Veggie 25	Turkey Sausage Patty, WG Bread Choice Fruit or Veggie 26	Build My Parfait Yogurt, Berries & WG Cereal 27	WG English Muffin, Sunbutter Fruit or Veggie 28
Lunch	California Hamburger WG Bun, Tomato, Lettuce, Vegetarian Beans	Shepherd's Pie Beef Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable	WG Chicken Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Black Bean, Cheese & Rice Bowl , Salsa, Fruit, Vegetable	Eggs Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa/Avocado	Pita Bread Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Chex Mix
Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 31				
Lunch	*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots				
Snack	Build My Own Spinach/Lettuce, Deli Meat Roll Up				

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, Oatmeal **Fruits and vegetables:** Fresh/frozen, canned (no sugar added)

Raw, Hard vegetables: steamed or substituted for infants/toddlers **Yogurt:** No more than 12 grams of added sugar per 6 oz **Water:** Offered and available throughout the day

WG=Whole Grain (served 2-3 meals/day) **Vegetarian substitutions** offered for children that practice exclusively vegetarian **Honey:** Not served to children under age 1

* Kitchen Managers recipe for reference