



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				WG French Toast Sticks, String Cheese, Fruit <b>1</b>	Scrambled Egg Patty, Fruit <b>2</b>
Lunch				<b>Pollock (Fish) Sticks</b> , WG Bun Veggie, Fruit	<b>*Chicken, Cheese &amp; Pasta Salad</b> Vegetable, Fruit
Snack				Greek Yogurt & Fruit	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal
Breakfast	<b>Chef's Choice</b> Grain, Meat/Meat Alternate, Fruit <b>5</b>	Eggs Fruit <b>6</b>	WG Cereal, Chef's Protein Choice, Fruit <b>7</b>	WG Pancake, Topping, Protein Choice, Fruit <b>8</b>	WG Pita, Sunbutter, Fruit <b>9</b>
Lunch	<b>Grilled Chicken w/BBQ Sauce</b> WG Bun, Fruit, Vegetable	<b>*Veggie &amp; Cheese Delight</b> WG <b>Tortilla Rollup</b> Fruit	<b>*Chicken Ranch</b> WG <b>Pita Pocket</b> Romain Lettuce, Diced Tomatoes, Fruit	<b>WG Cheese Pizza</b> Yogurt, Green Veggie, Fruit	<b>*Quesadilla</b> WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit
Snack	WG Black Bean Crackers & Black Beans w/Salsa	WG Chex Mix, Fresh Veggie	Gogurt, Fresh Fruit	WG Cereal & Milk	<b>Chef's Choice Choose Two</b> : Protein, Fruit, Veggie, Grain, Milk
Breakfast	WG Cereal, Chef's Protein Choice, Fruit <b>12</b>	WG Tortilla, Sun Butter, Banana & Cheerio Wrap <b>13</b>	<b>Chef's Choice</b> Grain, Protein, Fruit, or Veggie <b>14</b>	WG Waffle, Topping, Protein Choice, Fruit <b>15</b>	Muffin, Chef's Choice Protein, Fruit <b>16</b>
Lunch	<b>Chef's Choice</b> Protein Fruit, Vegetable, WG Bread/Grain	<b>Chicken Salad</b> WG <b>Sandwich</b> Veggie, Fruit	<b>WG Chicken Potstickers</b> Dipping Sauce, Edamame, Coleslaw, Fruit	<b>Meatloaf (low sodium)</b> Minced Cauliflower" Rice", Fruit, WG Roll	<b>Italian Dunkers</b> Melted Cheese on WG Bun, Marinara Sauce, Fruit, Colored Cauliflower
Snack	WG Soft Pretzel, Cheese Cubes	WG Cheez-Its, Mango	WG Goldfish, Fruit	Fresh Veggie & Fruit	Hummus, WG Soft Breadstick
Breakfast	English Muffin, Sunbutter, Fruit <b>19</b>	Melted Cheese WG Tortilla Wrap, Salsa, Fruit <b>20</b>	WG Cereal, Chef's Choice Protein, Fruit <b>21</b>	Eggs, Fruit <b>22</b>	WG Turkey Sausage Breakfast Pizza, Fruit <b>23</b>
Lunch	<b>California Cheeseburger</b> Tomato, Lettuce, WG Bun	<b>WG Lasagna Roll Up</b> , Pasta Sauce, Cottage Cheese, Snap Peas, Vegetable	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>Mac N' Cheese &amp; Diced Ham</b> Fruit, Green Chickpeas	<b>*Sunny Lemon Chicken</b> WG Noodles Peas, Fesh Fruit
Snack	Graham Crackers & Fruit	Muffin, Hard Boiled Egg	String cheese & Fresh Veggie Sticks	WG Biscuit & Sunbutter, Fresh Fruit	Pita Bread, Jicama Sticks, Dip
Breakfast	English Muffin w/Avocado Spread or Hummus, Fruit <b>26</b>	WG Cereal, Chef's Choice Protein, Fruit <b>27</b>	WG Bagel, Cheese Slice, Fruit <b>28</b>	WG French Toast Sticks, String Cheese, Fruit <b>29</b>	Scrambled Egg Patty, Fruit <b>30</b>
Lunch	<b>Chicken Thigh Boneless</b> Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	<b>WG Pasta &amp; Meatballs</b> Vegetable, Fruit	<b>*Asian Chicken Wrap</b> WG Tortilla, Coleslaw Mix, Fruit, Dressing	<b>Pollock (Fish) Sticks</b> , WG Bun Veggie, Fruit	<b>*Chicken, Cheese &amp; Pasta Salad</b> Vegetable, Fruit
Snack	WG Crackers, Cheese	Veggie Sticks, Dip, Fresh Fruit	Pretzel Goldfish, Applesauce	Greek Yogurt & Fruit	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal

**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) **\* Kitchen Managers recipe for reference**