



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Breakfast			WG French Toast Sticks, Protein Chef's Choice, Fruit <b>1</b>	Omelet, Fruit <b>2</b>
	Lunch			<b>Pollock (Fish) Sticks</b> , WG Bun	<b>*Chicken &amp; Pasta Salad</b> Cheese, Green Veggie, Fruit
	Snack			WG Cracker & Cheese	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal
Week 4	Breakfast	Sun Butter WG Sandwich, Fruit <b>5</b>	Eggs, Fruit <b>6</b>	WG Cereal, Protein Chef's Choice, Fruit <b>7</b>	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit <b>8</b>
	Lunch	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>*Veggie &amp; Cheese Delight WG Tortilla Rollup</b> , Fruit	<b>Chicken Ranch WG Pita Pocket</b> Romain Lettuce, Diced Tomatoes, Fruit	<b>Sausage Patty &amp; Cheese on WG Hoagie Roll</b> Green Veggie, Fruit
	Snack	Soft Pretzel, Fresh Veggie	WG Chex Mix, Cheese	Gogurt, Fresh Fruit	Fresh Veggies, WG Crackers
Week 1	Breakfast	<b>Chef's Choice</b> Grain, Meat/Meat Alternate, Fruit <b>12</b>	WG Tortilla, Sun Butter, Banana & Cheerio Wrap <b>13</b>	Turkey Sausage Patty, English Muffin, Fruit <b>14</b>	WG Waffle, Topping, Protein Choice, Fruit <b>15</b>
	Lunch	<b>Grilled Chicken Strips (Low Sodium)</b> Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice	<b>*Chicken Salad WG 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
	Snack	<b>Chef's Choice</b> Choose <b>Two</b> : Meat/Meat Alternate, Fruit, Veggie,	WG Cheez-Its, Fruit	Cheese & WG Bun	Snap Peas & Apple Slices
Week 2	Breakfast	WG Cereal, Ham Patty, Fruit <b>19</b>	Melted Cheese on Tortilla, Salsa, Fruit <b>20</b>	WG Cereal, Protein Chef's Choice, Fruit <b>21</b>	Hard Cooked Eggs, Fruit <b>22</b>
	Lunch	<b>California Cheeseburger</b> Tomato, Lettuce, WG Bun	<b>WG Lasagna Roll Up</b> , Pasta Sauce, Cottage Cheese, Fruit, Vegetable	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>Mac N' Cheese- Reduced Sodium Ham</b> , Fruit, Green Chickpeas
	Snack	Graham Crackers & Fresh Fruit	Tropical Dragon Fruit, String Cheese	Muffin & Milk	WG English Muffin & Sun Butter
Week 3	Breakfast	WG English Muffin w/Melted Cheese, Fruit <b>26</b>	WG Cereal, Protein Chef's Choice, Fruit <b>27</b>	WG Bagel, Protein Chef's Choice, Fruit <b>28</b>	WG French Toast Sticks, Protein Chef's Choice, Fruit <b>29</b>
	Lunch	<b>Chicken on WG Biscuit &amp; Gravy</b> Vegetable Mix, Fruit	<b>Meatballs &amp; Penne Pasta</b> Pasta Sauce, Crinkle Zucchini, Fruit	<b>*Asian Chicken Wrap</b> WG Tortilla, Coleslaw Mix, Fruit, Dressing	<b>Pollock (Fish) Sticks</b> , WG Bun Veggie, Fruit
	Snack	WG Roll & Mandarin Oranges	Veggie Sticks, Fresh Fruit	Pita Bread Chips, Hummus	WG Cracker & Cheese
					Omelet, Fruit <b>30</b>
					<b>*Chicken &amp; Pasta Salad</b> Cheese, Green Veggie, 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 **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**