



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				WG Waffle "Pizza", Cream Cheese, Berries	Eggs, Fruit
Lunch				<b>WG Pollock (Fish) Sticks</b> Green Vegetable, Fruit, WG Bun	<b>Chicken</b> , Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
Snack				<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal	Turkey on WG Bun
Breakfast	Sunbutter Sandwich, Fruit 5	Eggs, Fruit 6	WG Cereal, Cheese Stick, Fruit 7	WG Pancake & Greek Yogurt Roll Up, Fruit 8	Ham Patty, WG Biscuit, Fruit 9
Lunch	<b>*Chicken, Cheese Pasta Salad</b> Vegetable, Fruit	<b>*Veggie &amp; Cheese Delight WG Tortilla Rollup</b> , Fruit	<b>*Chicken Ranch Pita Sandwich</b> Romain Lettuce, Diced Tomatoes, Fruit	<b>Turkey &amp; Cheese on WG Hoagie Roll</b> Veggie, Fruit	<b>*Quesadilla</b> WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit
Snack	Ham/Turkey on Hawaiian Bun	WG Chex Mix, Fresh Fruit	Fresh Veggie, WG Pretzel Goldfish	Sweet Potato Cracker, Milk	WG Bagel, Fruit
Breakfast	Eggs, Fruit 12	WG Tortilla, Sunbutter, Banana, Cheerio Wrap 13	WG Sandwich Thin, Turkey Sausage Patty, Fruit 14	Scrambled Egg WG Tortilla Wrap, Fruit 15	WG Banana Muffin, String Cheese & Fruit 16
Lunch	<b>Diced Chicken, Vegetable Blend &amp; WG Yakisoba Noodles</b> , Low Sodium Stir Fry Sauce, Fruit	<b>Chicken &amp; WG Pastas w/ Alfredo Sauce</b> , Green Veggie, Fruit	<b>WG Chicken Potstickers</b> Dipping Sauce Choice, Edamame, Coleslaw, Fruit	<b>Meatloaf (low sodium)</b> Minced Cauliflower" Rice", Fruit, WG Roll	<b>Italian Dunkers</b> Melted Cheese on WG Hot Dog Bun, Marinara Sauce, Fruit, Vegetarian Beans
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	WG Cheez-its, Mango	Cheese & Fresh Fruit	Hard Boiled Egg, Veggie Sticks	Tropical Dragon Fruit, WG Soft Pretzel
Breakfast	WG Cereal, Ham Patty, Fruit 19	Croissant, Turkey, Fruit 20	WG Waffle & Sunbutter Sandwich, Fruit 21	Eggs, Fruit 22	WG Turkey Sausage Pizza, Fruit 23
Lunch	<b>California Cheeseburger</b> Tomato, Pickels, Lettuce, Bun	<b>WG Lasagna Roll Up</b> , Pasta Sauce, Cheese, Fruit, Vegetable	<b>WG Cheese Pizza</b> Yogurt, Diced Bell Pepper, Fruit	<b>Mac N' Cheese- Reduced Sodium Ham/Turkey</b> , Fruit, Green Vegetable	<b>*Sunny Lemon Chicken</b> WG Noodles Vegetable, Fesh Fruit
Snack	Graham Crackers & Fruit	String cheese & WG Breadstick	Red Pepper Hummus & Naan	WG Biscuit, Fresh Fruit	Pita Bread Chips, Jicama Sticks, Dip
Breakfast	WG English Muffin w/Avocado or Hummus Spread, Fruit 26	WG Cereal, Gogurt, Fruit 27	WG Bagel, Cheese Slice, Fruit 28	WG Waffle "Pizza", Cream Cheese, Berries	Eggs, Fruit 30
Lunch	<b>Chicken Thighs, Boneless</b> Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread	<b>Meatball Sub</b> WG Bun, Spiral Zucchini, Fruit	<b>*Asian Chicken Salad</b> Mandarin Oranges, Cucumber, Carrots, Lettuce, WG Breadstick	<b>WG Pollock (Fish) Sticks</b> Green Vegetable, Fruit, WG Bun	<b>Chicken</b> , Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
Snack	WG Crackers, Cheese	Veggie Sticks, Fresh Fruit	Cereal, Fruit	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal	Turkey on WG Bun

**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) Vegetarian substitutions offered for children that practice exclusively vegetarian \* Kitchen Managers recipe for reference