



	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	<b>NHA Closed</b>	<b>2 Scrambled Egg Bowl</b> Potato Chunks, Corn, Salsa	<b>3</b> WG Cereal, Ham Patty, Fruit or Veggie	<b>4</b> WG Pancake & Sunbutter Rollup, Fruit or Veggie	<b>5</b> WG Biscuit, Sausage Gravy, Veggie or Fruit	
Lunch		<b>Chicken, Penne with Alfredo Sauce, Parmesan</b> Green Veggie, Fruit	<b>*Baked Bean Chili</b> Ground Beef Crumble, WG Bread Choice, Veggie, Fruit	<b>*Broccoli Chicken Cheese Quesadilla</b> WG Tortilla, Fruit or Additional Vegetable	<b>WG Ravioli</b> Shredded Cheese, Sauce Choice, Fruit, Veggie	
Snack		Bagel, Cheese Slice	Fresh Veggie, Dip, Fresh Fruit	WG Sweet Potato Cracker, Milk	WG Goldfish, Fresh Fruit	
Breakfast	<b>Week 1</b>	<b>9</b> <b>Burrito</b> Eggs, Veggie Choice, Cheese, WG Tortilla	<b>10</b> WG French Toast, Cottage Cheese, Fruit or Veggie	<b>11</b> Turkey Sausage Breakfast Sandwich Fruit or Veggie	<b>12</b> <b>Build My Own Parfait</b> Yogurt, Berries & WG Cereal	
Lunch		<b>Chicken Noodle Soup, Diced Chicken</b> Fruit, Mixed Veggies, WG Roll	<b>Mashed Potato Bowl</b> Diced Turkey Bowl Cheese, Broccoli, WG Bread	<b>Pork Potstickers</b> Dipping Sauce Choice, Edamame, Coleslaw, Fruit	<b>Southwest Bowl</b> Brown Rice, Black Beans, Avocado, Cheese, Salsa, Fruit	<b>Turkey &amp; Avocado Roll Ups</b> WG Tortilla, Diced Cucumber or Bell Pepper Strips
Snack		Pita Bread Chips, Veggie Sticks, Dip	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Cereal
Breakfast	<b>Week 2</b>	<b>16</b> WG Cereal, Cheese Cubes, Fruit or Veggie	<b>17</b> Turkey/Ham, Spinach, on WG Bun	<b>18</b> WG Waffle & Sunbutter Sandwich, Fruit or Veggie	<b>19</b> Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers	
Lunch		<b>Grilled Chicken Pasta Bowl</b> Grilled Chicken, WG Pasta, Veggie Blend, Fruit, Teriyaki or Orange Sauce	<b>*Red Pozole Stew</b> Diced Chicken, Hominy, WG Roll, Fruit	<b>Cheese, Sausage Crumble &amp; Mushroom English Muffin Pizza,</b> Fruit or Veggie	<b>WG Mac N' Cheese</b> Vegetarian Beans Fruit, Green Vegetable	<b>*Sunny Lemon Chicken</b> Noodles, Vegetable, Fruit
Snack		WG Mixed Berry Animal Crackers & Milk	String cheese & Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal	WG Crackers, Veggie Sticks, Dip
Breakfast	<b>Week 3</b>	<b>23</b> Egg Patty, Spinach, on English Muffin	<b>24</b> WG Cereal, Gogurt/Yogurt, Fruit or Veggie	<b>25</b> Bagel, Cheese Slice, Fruit or Veggie	<b>26</b> <b>Build My WG Waffle "Pizza",</b> Cream Cheese, Berries	
Lunch		<b>Italian Dunkers</b> WG Hot Dog Bun, Melted Cheese, Marinara, Fruit, Vegetable	<b>Meatballs &amp; Pasta</b> Veggie, Fruit	<b>*Asian Chicken WG Fried Rice</b> Edamame, Fruit	<b>Tuna Salad on WG Bun</b> Green Vegetable, Fruit, WG Bun	<b>Chicken</b> Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
Snack		WG Champ Bite Crackers, Milk	Veggie Sticks, Cheese Cubes	<b>"GORP"</b> WG Cheese Crackers, WG Cereals, Milk	WG Buttermilk Biscuit, Fresh Fruit	WG Tortilla, Cream Cheese, Veggie Roll Up
Breakfast	<b>Week 4</b>	<b>30</b> Sunbutter WG Sandwich, Fruit or Veggie				
Lunch		<b>Shredded BBQ Chicken on Hawaiian Bun,</b> Vegetable, Fruit				
Snack		Granola, Berries				

**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:** 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 **Honey:** Not served to children under age 1

\* Kitchen Managers recipe for reference