



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