

October 2024



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		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			Scrambled Egg Bowl Potato Chunks, Corn, Salsa	WG Cereal, Gogurt, Fruit or 2 Veggie	WG Pancake & Sunbutter Roll 3 Up, Fruit or Veggie	WG Biscuit, Sausage Gravy, 4 Veggie or Fruit
Lunch	Week 4		Chicken, Penne with Alfedo Sauce Green Veggie, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, 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 or Veggie
Breakfast		Burrito Eggs, Fajita Veggies, 7 Shredded Cheese, WG Tortilla	French Toast, Cottage Cheese, 8 Fruit or Veggie	Turkey Sausage Patty on WG Bread Choice Fruit or Veggie	Build My Parfait Yogurt, 10 Berries & WG Cereal	WG English Muffin, Sunbutter 11 Fruit or Veggie
Lunch		Chicken Noodle Soup, Diced Chicken Mixed Veggies, Fruit, WG Roll	*Potato Boat Diced Turkey/Ham, Cheese, Broccoli, WG Bread	WG Chicken Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Southwest Bowl Brown Rice, Black Beans, Avocado, Cheese, Salsa, Fruit	Turkey & Avocado Roll Ups WG Tortilla, Diced Cucumber or Bell Pepper Strips
Snack		WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Chips, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Chex Mix
Breakfast		14	Turkey/Ham, Spinach on WG 15 Bun	WG Waffle & Sunbutter 16 Sandwich, Fruit or Veggie	Eggs. Hashbrowns/Diced 17 Potatoes, Diced Bell Peppers	WG Turkey Sausage Pizza, 18 Veggie
Lunch	Week 2	New Horizon Closed for Professional Development	*Red Pozole Stew Diced Chicken, Hominy, WG Roll, Fruit	Meatballs & Pasta Fruit, Veggie	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	*Sunny Lemon Chicken Thighs WG Yakisoba Noodles, Vegetable, Fruit
Snack			String cheese & WG Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	WG Crackers, Veggie Sticks, Dip
Breakfast		Egg Patty, English Muffin, 21 Avocado	WG Cereal, Gogurt/Yogurt, 22 Fruit or Veggie	WG Bagel, Cheese Slice, Fruit 23 or Veggie	Build My Waffle "Pizza", 24 Waffle, Cream Cheese, Berries	Cottage Cheese, WG French Toast Sticks, Fruit or Veggie
Lunch	Week 3	Italian Dunkers WG Hot Dog Bun, Melted Cheese, Marinara, Fruit, Vegetable	WG Cheese, Sausage Crumble & Mushroom Pizza WG Crust Choice, Fruit or Veggie	*Asian Chicken WG Fried Rice Edamame, Fruit	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bun	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit, Veggie
Snack		WG Champ Bite Crackers, Milk	Veggie Sticks, Cheese Cubes	"GORP" WG Cheese Crackers, WG Cereals, Milk	WG Biscuit, Fresh Fruit	Turkey/Cream Cheese WG Tortilla Pinwheels
Breakfast		Sunbutter WG Sandwich, Fruit 28 or Veggie	Scrambled Egg Bowl Potato Chunks, Corn, Salsa	WG Cereal, Gogurt, Fruit or Veggie	WG Pancake & Sunbutter Roll Up, Fruit or Veggie	
Lunch	Week 4	Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	Chicken, Penne with Alfedo Sauce Green Veggie, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, Fruit	*Broccoli Chicken Cheese Quesadilla WG Tortilla, Fruit or Additional Vegetable	
Snack		Granola, Berries	WG Bagel, Cheese Slice	Fresh Veggie, Dip, Fresh Fruit	WG Sweet Potato Cracker, Milk	

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