



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Scrambled Egg Bowl Potato Chunks, Corn, Salsa 1	WG Cereal, Gogurt, Fruit or Veggie 2	WG Pancake & Sunbutter Roll Up, Fruit or Veggie 3	WG Biscuit, Sausage Gravy, Veggie or Fruit 4
Lunch		Chicken, Penne with Alfredo 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, Shredded Cheese, WG Tortilla 7	French Toast, Cottage Cheese, Fruit or Veggie 8	Turkey Sausage Patty on WG Bread Choice Fruit or Veggie 9	Build My Parfait Yogurt, Berries & WG Cereal 10
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
Snack		WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Chips, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg
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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