



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 4	Breakfast		Scrambled Egg Bowl Potato Chunks, Corn, Salsa 1	WG Cereal, Ham Patty, Fruit or Veggie 2	WG Pancake & Sunbutter Rollup, Fruit or Veggie 3	WG Biscuit, Sausage Gravy, Veggie or Fruit 4
	Lunch		Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, 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 Pretzel Goldfish, Fresh Fruit
Week 1	Breakfast	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla 7	WG French Toast, Cottage Cheese, Fruit or Veggie 8	Turkey Sausage Breakfast Sandwich Fruit or Veggie 9	Build My Own Parfait Yogurt, Berries & WG Cereal 10	WG English Muffin, Sunbutter Fruit or Veggie 11
	Lunch	Chicken Noodle Soup, Diced Chicken Fruit, Mixed Veggies, 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	Tropical Dragon Fruit, WG Soft Pretzel, Honey Mustard Dip	Mango & WG Chex Mix
Week 2	Breakfast	14	Turkey/Ham, Spinach, on WG Bun 15	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 16	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers 17	WG Turkey Sausage Pizza, Veggie 18
	Lunch	New Horizon Academy Closed Professional Development	*Red Pozole Stew Diced Chicken, Hominy, WG Roll, Fruit	Meatballs & Spiral Zucchini "Noodles" Pasta Sauce, Fruit, WG Bread/Grain	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	*Sunny Lemon Chicken Thighs WG Yakisoba Noodles, Vegetable, Fruit
	Snack		String cheese & WG Breadstick	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	WG Crackers, Veggie Sticks, Dip
Week 3	Breakfast	Egg Patty, English Muffin, Avocado 21	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 22	WG Bagel, Cheese Slice, Fruit or Veggie 23	Build My WG Waffle "Pizza" , Cream Cheese, Berries 24	Cottage Cheese, WG French Toast Sticks, Fruit or Veggie 25
	Lunch	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	Chicken Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
	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
Week 4	Breakfast	Sunbutter WG Sandwich, Fruit or Veggie 28	Scrambled Egg Bowl Potato Chunks, Corn, Salsa 29	WG Cereal, Ham Patty, Fruit or Veggie 30	WG Pancake & Sunbutter Rollup, Fruit or Veggie 31	
	Lunch	Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	*Broccoli Chicken Cheese Quesadilla WG Tortilla, Fruit or Additional Vegetable	
	Snack	Cinnamon 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

* Kitchen Managers recipe for reference