



|        | Monday    | Tuesday  | Wednesday  | Thursday  | Friday  |  |
|--------|-----------|--|--|---|---|--|
| Week 4 | Breakfast |  | <b>Scrambled Egg Bowl</b> Potato Chunks, Corn, Salsa <b>1</b>          | WG Cereal, Ham Patty, Fruit or Veggie <b>2</b>                                      | WG Pancake & Sunbutter Rollup, Fruit or Veggie <b>3</b>                               | WG Biscuit, Sausage Gravy, Veggie or Fruit <b>4</b>                                    |
|        | 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   |
| Week 1 | Breakfast | <b>Burrito</b> Eggs, Veggie Choice, Cheese, WG Tortilla <b>7</b>                 | WG French Toast, Cottage Cheese, Fruit or Veggie <b>8</b>              | Turkey Sausage Breakfast Sandwich Fruit or Veggie <b>9</b>                          | <b>Build My Own Parfait</b> Yogurt, Berries & WG Cereal <b>10</b>                     | English Muffin, Sunbutter Fruit or Veggie <b>11</b>                                    |
|        | 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  |
| Week 2 | Breakfast |  | Turkey/Ham, Spinach, on WG Bun <b>14</b>                               | WG Waffle & Sunbutter Sandwich, Fruit or Veggie <b>15</b>                           | Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers <b>16</b>                         | Bagel, Sunbutter, Fruit or Veggie <b>17</b>  |
|        | Lunch     | <b>New Horizon Academy Closed Professional Development</b>                       | <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 Noodles,</b> Vegetable, Fruit                                  |
|        | Snack     |  | String cheese & Breadstick/Soft Pretzel                                | Naan, Fresh Veggie, Hummus  | <b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal                                     | WG Crackers, Veggie Sticks, Dip  |
| Week 3 | Breakfast | Egg Patty, English Muffin, Avocado <b>21</b>                                     | WG Cereal, Gogurt/Yogurt, Fruit or Veggie <b>22</b>                    | Bagel, Cheese Slice, Fruit or Veggie <b>23</b>                                      | <b>Build My WG Waffle "Pizza",</b> Cream Cheese, Berries <b>24</b>                    | Cottage Cheese, WG French Toast Sticks, Fruit or Veggie <b>25</b>                      |
|        | 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  |
| Week 4 | Breakfast | Sunbutter WG Sandwich, Fruit or Veggie <b>28</b>                                 | <b>Scrambled Egg Bowl</b> Potato Chunks, Corn, Salsa <b>29</b>         | WG Cereal, Ham Patty, Fruit or Veggie <b>30</b>                                     | WG Pancake & Sunbutter Rollup, Fruit or Veggie <b>31</b>                              |  |
|        | Lunch     | <b>Shredded BBQ Chicken on Hawaiian Bun,</b> Vegetable, Fruit                    | <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 |  |
|        | Snack     | Granola, Berries   | 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