



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					WG Biscuit, Sausage Gravy, Veggie or Fruit 1
Lunch					WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack					WG Goldfish, Fresh Fruit or Veggie
Breakfast	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla 4	French Toast, Cottage Cheese, Fruit or Veggie 5	Turkey Sausage Patty, WG Bread Choice Fruit or Veggie 6	Build My Parfait Yogurt, Berries & WG Cereal 7	WG English Muffin, Sunbutter Fruit or Veggie 8
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	Eggs Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
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	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 11	Turkey/Ham, Spinach on WG Bun 12	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 13	Scrambled Egg, Biscuit, Fruit or Veggie 14	WG Turkey Sausage Pizza, Fruit or Veggie 15
Lunch	Turkey & Avocado Roll Ups WG Tortilla, Diced Cucumber or Bell Pepper Strips	*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	WG Crackers, Veggie Sticks, Dip	String cheese & WG Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternate, Fruit, Veggie, Bread/Grain, Milk
Breakfast	Egg Patty, English Muffin, Avocado 18	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 19	WG Bagel, Cheese Slice, Fruit or Veggie 20	Build My Waffle "Pizza" , Waffle, Cream Cheese, Berries 21	Cottage Cheese, WG French Toast Sticks, Fruit or Veggie 22
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	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit, Veggie
Snack	WG Champ Bite Crackers, Milk	WG Biscuit, Fresh Fruit	"GORP" WG Cheese Crackers, WG Cereals, Milk	Veggie Sticks, Cheese Cubes	Turkey, Cream Cheese WG Tortilla Pinwheels
Breakfast	Cheese WG Sandwich, Fruit or Veggie 25	Scrambled Egg Bowl Potato Chunks, Corn, Salsa 26	WG Cereal, Gogurt, Fruit or Veggie 27	28	WG Biscuit, Sausage Gravy, Veggie or Fruit 29
Lunch	Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	Chicken, Penne with Alfredo Sauce Green Veggie, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, Fruit	NHA Closed	
Snack	Granola, Berries	WG Bagel, Cheese Slice	Fresh Veggie, Dip, Fresh Fruit		
					WG Goldfish, Fresh Fruit or Veggie

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