



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					WG Biscuit, Sausage Gravy, Veggie or Fruit <b>1</b>
Lunch					<b>WG Lasagna Roll Ups or WG Ravioli</b> Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack					WG Pretzel Goldfish, Fresh Fruit
Breakfast	<b>Burrito</b> Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla <b>4</b>	WG French Toast, Cottage Cheese, Fruit or Veggie <b>5</b>	Turkey Sausage Breakfast Sandwich Fruit or Veggie <b>6</b>	<b>Build My Own Parfait</b> Yogurt, Berries & WG Cereal <b>7</b>	WG English Muffin, Sunbutter Fruit or Veggie <b>8</b>
Lunch	<b>Chicken Noodle Soup, Diced Chicken</b> Fruit, Mixed Veggies, WG Roll	<b>*Potato Boat</b> Diced Turkey Ham, Cheese, Broccoli, WG Bread	<b>WG Chicken Potstickers</b> Dipping Sauce Choice, Edamame, Coleslaw, Fruit	<b>Southwest Bowl</b> Brown Rice, Black Beans, Avocado, Cheese, Salsa, Fruit	<b>Eggs.</b> 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	Tropical Dragon Fruit, WG Soft Pretzel, Honey Mustard Dip	Mango & WG Chex Mix
Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie <b>11</b>	Turkey/Ham, Spinach, on WG Bun <b>12</b>	WG Waffle & Sunbutter Sandwich, Fruit or Veggie <b>13</b>	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers <b>14</b>	WG Turkey Sausage Pizza, Veggie or Fruit <b>15</b>
Lunch	<b>Turkey &amp; Avocado Roll Ups</b> WG Tortilla, Diced Cucumber or Bell Pepper Strips	<b>*Red Pozole Stew</b> Diced Chicken, Hominy, WG Roll, Fruit	<b>Meatballs &amp; Spiral Zucchini "Noodles"</b> Pasta Sauce, Fruit, WG Bread/Grain	<b>WG Mac N' Cheese</b> Vegetarian Beans Fruit, Green Vegetable	<b>*Sunny Lemon Chicken Thighs</b> WG Yakisoba Noodles, Vegetable, Fruit
Snack	WG Crackers, Veggie Sticks, Dip	String cheese & WG Breadstick	Naan, Fresh Veggie, Hummus	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal	<b>Pick Two:</b> Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk
Breakfast	Egg Patty, English Muffin, Avocado <b>18</b>	WG Cereal, Gogurt/Yogurt, Fruit or Veggie <b>19</b>	WG Bagel, Cheese Slice, Fruit or Veggie <b>20</b>	<b>Build My WG Waffle "Pizza"</b> , Cream Cheese, Berries <b>21</b>	Cottage Cheese, WG French Toast Sticks, Fruit or Veggie <b>22</b>
Lunch	<b>Italian Dunkers</b> WG Hot Dog Bun, Melted Cheese, Marinara, Fruit, Vegetable	<b>WG Cheese, Sausage Crumble &amp; Mushroom Pizza</b> WG Crust Choice, Fruit or Veggie	<b>*Asian Chicken WG Fried Rice</b> Edamame, Fruit	<b>WG Pollock (Fish) Sticks</b> Green Vegetable, Fruit, WG Bun	<b>Chicken</b> Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
Snack	WG Champ Bite Crackers, Milk	WG Biscuit, Fresh Fruit	<b>"GORP"</b> WG Cheese Crackers, WG Cereals, Milk	Veggie Sticks, Cheese Cubes	Turkey/Cream Cheese WG Tortilla Pinwheels
Breakfast	Sunbutter WG Sandwich, Fruit or Veggie <b>25</b>	<b>Scrambled Egg Bowl</b> Potato Chunks, Corn, Salsa <b>26</b>	WG Cereal, Ham Patty, Fruit or Veggie <b>27</b>	<b>28</b>	WG Biscuit, Sausage Gravy, Veggie or Fruit <b>29</b>
Lunch	<b>Shredded BBQ Pork or Chicken</b> Hawaiian Bun, Vegetable, Fruit	<b>Chicken, WG Penne with Alfredo Sauce, Parmesan</b> Green Veggie, Fruit	<b>*Baked Bean Chili</b> Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	<b>NHA Closed</b>	
Snack	Cinnamon Granola, Berries	WG Bagel, Cheese Slice	Fresh Veggie, Dip, Fresh Fruit		
					WG Pretzel Goldfish, Fresh Fruit

**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