



	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
Breakfast	Burrito Eggs, Veggie Choice, Shredded Cheese, WG Tortilla 4	WG French Toast, Cottage Cheese, Fruit or Veggie 5	Turkey Sausage Breakfast Hoagie, Fruit or Veggie 6	Build My Own Parfait Yogurt, Berries & WG Cereal 7	WG English Muffin, Sunbutter Fruit or Veggie 8
Lunch	Chicken Noodle Soup Diced Chicken, Mixed Veggies, Fruit WG Bread Choice	*Potato Boat Diced Turkey Ham, Cheese, Broccoli, WG Bread Choice	WG Chicken Potstickers Dipping Sauce Choice, Coleslaw, Fruit	Southwest Bowl Brown Rice, Black Beans, Shredded Lettuce, Cheese, Salsa, Fruit	Eggs Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack	WG Black Bean Vegetable Crackers, Black Beans with Salsa &/ or Avocado	Pita Bread Chips, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Chex Mix
Breakfast	Cheese, WG Bread/Grain, Fruit or Vegetable 11	Turkey/Ham, Spinach, on WG Bun 12	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 13	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers 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 Bread Choice, 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	WG Crackers, Veggie Sticks, Dip	String cheese & WG Soft Pretzel/Breadstick	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Cheese & WG Bread Sandwich
Breakfast	Egg Patty, Avocado, Croissant or WG English 18	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 19	WG Bagel, Cheese Slice, Fruit or Veggie 20	Build My WG Waffle "Pizza" , 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	Mighty Mushroom, Cheese & Sausage Crumble Pizza WG Crust Choice, Fruit or Additional Veggie	*Asian Chicken WG Fried Rice Edamame, Fruit	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bread Choice	Chicken Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
Snack	WG Champ Bite Crackers, Milk	Veggie Sticks, Cheese Cubes	WG Cheese Crackers & WG Cereal(s) Medley, Milk	WG Biscuit, Fresh Fruit	Turkey/Cream Cheese WG Tortilla Pinwheels
Breakfast	Sunbutter WG Sandwich, Fruit or Veggie 25	Scrambled Egg Bowl Potato Chunks, Corn, Salsa 26	WG Cereal, Ham Patty, Fruit or Veggie 27	28	WG Biscuit, Sausage Gravy, Veggie or Fruit 29
Lunch	Shredded BBQ Pork or Chicken WG Bread Choice, Vegetable, Fruit	Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Choice, Veggie, Fruit	NHA Closed	
Snack	Cinnamon Granola, Berries	WG Biscuit, Cheese Slice	Fresh Veggie, Dip, 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