



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast Burrito Eggs, Veggie Choice, Cheese, WG Tortilla 2	WG French Toast, Cottage Cheese, Fruit or Veggie 3	Turkey Sausage Breakfast Sandwich Fruit or Veggie 4	Build My Own Parfait Yogurt, Berries & WG Cereal 5	English Muffin, Sunbutter Fruit or Veggie 6
	Lunch Chicken Noodle Soup, Diced Chicken Fruit, Mixed Veggies, WG Roll	Mashed Potato & Turkey Bowl Cheese, Broccoli, WG Bread	Pork 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 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 Meat/Meat Alternate, Bread/Grain Fruit or Veggie 9	Turkey/Ham, Spinach, on WG Bun 10	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 11	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers 12	Bagel, Sunbutter, Fruit or Veggie 13
	Lunch Turkey & Avocado Roll Ups WG Tortilla, Diced Cucumber or Bell Pepper Strips	*Red Pozole Stew Diced Chicken, Hominy, WG Roll, Fruit	Cheese, Sausage Crumble & Mushroom English Muffin Pizza, Fruit or Veggie	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	*Sunny Lemon Chicken Noodles, Vegetable, Fruit
	Snack WG Crackers, Veggie Sticks, Dip	String cheese & Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk
Week 3	Breakfast Egg Patty, English Muffin, Avocado 16	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 17	Bagel, Cheese Slice, Fruit or Veggie 18	Build My WG Waffle "Pizza", Cream Cheese, Berries 19	Cottage Cheese, WG French Toast Sticks, Fruit or Veggie 20
	Lunch Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	Meatballs & Pasta Veggie, Fruit	*Asian Chicken WG Fried Rice Edamame, Fruit	*Tuna Salad on WG Bun Green Vegetable, Fruit, WG Bun	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit, Veggie
	Snack WG Champ Bite Crackers, Milk	WG Buttermilk Biscuit, Fresh Fruit	"GORP" WG Cheese Crackers, WG Cereals, Milk	Veggie Sticks, Cheese Cubes	WG Tortilla, Cream Cheese, Veggie Roll Up
Week 4	Breakfast Sunbutter WG Sandwich, Fruit or Veggie 23	Scrambled Egg Bowl Potato Chunks, Corn, Salsa 24	NHA Closed	WG Cereal, Ham Patty, Fruit or Veggie 26	WG Biscuit, Sausage Gravy, Veggie or Fruit 27
	Lunch Shredded BBQ Chicken on Hawaiian Bun, Vegetable, Fruit	Chicken, Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit		*Baked Bean Chili Ground Beef Crumble, WG Bread Choice, Veggie, Fruit	WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
	Snack Granola, Berries	Bagel, Cheese Slice		Fresh Veggie, Dip, Fresh Fruit	WG Goldfish, Fresh Fruit
Week 1	Breakfast Burrito Eggs, Veggie Choice, Cheese, WG Tortilla 30	WG French Toast, Cottage Cheese, Fruit or Veggie 31			
	Lunch Chicken Noodle Soup, Diced Chicken Fruit, Mixed Veggies, WG Roll	Mashed Potato & Turkey Bowl Cheese, Broccoli, WG Bread			
	Snack Pita Bread Chips, Veggie Sticks, Dip	WG Black Bean Vegetable Crackers, Black Beans & Salsa			

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