



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast Burrito Eggs, Fajita Veggies, Shredded 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	WG English Muffin, Sunbutter Fruit or Veggie 6
	Lunch Chicken Noodle Soup & Diced Chicken Fruit, Mixed Veggies, WG Roll	*Potato Boat Diced Turkey Ham, Cheese, Broccoli, WG Bread	WG Chicken Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Black Bean & Cheese Burrito , Salsa, Fruit, Vegetable	Eggs Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
	Snack WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Chex Mix
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	Scrambled Egg, Biscuit, Fruit or Veggie 12	WG Turkey Sausage Pizza, Fruit or Veggie 13
	Lunch Turkey & Avocado Roll Ups WG Tortilla, Diced Cucumber or Bell Pepper Strips	*Red Pozole Stew Diced Chicken, Garbanzo Beans, WG Roll, Fruit	Meatballs & Pasta Veggie, Fruit	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	*Sunny Lemon Chicken Thighs WG Noodles, Vegetable, Fruit
	Snack WG Crackers, Veggie Sticks, Dip	String cheese & WG Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternate, Fruit, Veggie, Bread/Grain, Milk
Week 3	Breakfast Egg Patty, Croissant or English Muffin, Avocado 16	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 17	WG 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	WG Cheese, Sausage Crumble & Mushroom Pizza WG Crust, Fruit or Veggie	*Asian Chicken WG Fried Rice Edamame, Fruit	Fish Sticks Green Vegetable, Fruit, WG Bun	Chicken Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
	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
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 25	WG Biscuit, Sausage Gravy, Veggie or Fruit 27
	Lunch Shredded BBQ Pork WG Bun, Vegetable, Fruit	Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit		*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
	Snack Cinnamon Granola, Berries	WG Bagel, Cheese Slice		Fresh Veggie, Dip, Fresh Fruit	WG Goldfish, Fresh Fruit
Week 1	Breakfast Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla 30	WG French Toast, Cottage Cheese, Fruit or Veggie 31			
	Lunch Chicken Noodle Soup & Diced Chicken Fruit, Mixed Veggies, WG Roll	*Potato Boat Diced Turkey Ham, Cheese, Broccoli, WG Bread			
	Snack WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Triangles, Veggie Sticks, Dip			

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