



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast <b>Burrito</b> Eggs, Veggie Choice, Shredded Cheese, WG Tortilla <b>2</b>	WG French Toast, Cottage Cheese, Fruit or Veggie <b>3</b>	Turkey Sausage Breakfast Hoagie, Fruit or Veggie <b>4</b>	<b>Build My Own Parfait</b> Greek Yogurt, Berries & WG Cereal <b>5</b>	WG English Muffin, SunButter Fruit or Veggie <b>6</b>
	Lunch <b>Chicken Noodle Soup</b> Diced Chicken, Mixed Veggies, Fruit WG Bread Choice	<b>*Potato Boat/Bowl</b> Diced Turkey Ham, Cheese, Broccoli, WG Bread Choice	<b>WG Chicken Potstickers</b> Dipping Sauce Choice, Coleslaw, Fruit	<b>Build My Southwest Bowl</b> Brown Rice, Black Beans, Bell Peppers, Cheese, Salsa, Fruit	<b>Eggs</b> Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
	Snack WG Black Bean Vegetable Crackers, Black Beans with Salsa &/ or Avocado	Pita Bread Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango or Papaya & WG Chex Mix
Week 2	Breakfast Cheese, WG Bread/Grain, Fruit or Vegetable <b>9</b>	Turkey/Ham, Spinach, on WG Bun <b>10</b>	WG Waffle, Sunbutter & Yogurt Dip, Fruit or Veggie <b>11</b>	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers <b>12</b>	WG Turkey Sausage Pizza, Fruit or Veggie <b>13</b>
	Lunch <b>Turkey &amp; Avocado Roll Ups</b> WG Tortilla, Cucumber or Bell Pepper Strips	<b>*Red Pozole Stew</b> Diced Chicken, Hominy, WG Bread Choice, 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</b> WG Yakisoba Noodles, Vegetable, Fruit
	Snack WG Crackers, Veggie Sticks, Dip	String cheese & WG Soft Pretzel/Breadstick	Naan, Fresh Veggie, Hummus	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal	Cheese & WG Bread Sandwich
Week 3	Breakfast WG Bagel, Cheese Slice, Fruit or Veggie <b>16</b>	WG Cereal, Gogurt/Greek Yogurt, Fruit or Veggie <b>17</b>	Egg Patty, Avocado, Croissant or WG English <b>18</b>	<b>Build My WG Waffle "Pizza"</b> , Cream Cheese, Berries <b>19</b>	WG French Toast Sticks, Cottage Cheese, Fruit/Veggie <b>20</b>
	Lunch <b>Italian Dunkers</b> Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	<b>Mighty Mushroom, Cheese &amp; Sausage Crumble Pizza</b> WG Crust Choice, Fruit or Additional Veggie	<b>*Asian Chicken</b> WG Fried Rice Edamame, Fruit	<b>WG Pollock (Fish) Sticks</b> Green Vegetable, Fruit, WG Bread Choice	<b>Chicken or Vegetarian Beans</b> Fruit & Vegetable or Two Vegetables, WG Bread/Grain
	Snack WG Champ Bite Crackers, Milk	Veggie Sticks, Cheese Cubes	WG Cheese Crackers & WG Cereal(s) Medley, Milk	Fresh Veggie, Dip, Fresh Fruit	Turkey/Cream Cheese WG Tortilla Pinwheels
Week 4	Breakfast SunButter WG Sandwich, Fruit or Veggie <b>23</b>	<b>Scrambled Egg Bowl</b> Potato Chunks, Corn, Salsa <b>24</b>	<b>25</b>	WG Cereal, Ham Patty, Fruit or Veggie <b>26</b>	WG Biscuit, Sausage Gravy, Veggie or Fruit <b>27</b>
	Lunch <b>Shredded BBQ Pork or Chicken</b> WG Bread Choice, Vegetable, Fruit	<b>Chicken, WG Penne with Alfredo Sauce, Parmesan</b> Green Veggie, Fruit	<b>NHA Closed</b>	<b>*Baked Bean Chili</b> Ground Beef Crumble, Cornbread, Veggie, Fruit	<b>WG Lasagna Roll Ups or WG Ravioli</b> Shredded Cheese, Sauce Choice, Fruit, Veggie
	Snack Cinnamon Granola, Berries	Build My Own Cucumber & Cheese "Sandwich"		Sunbutter, WG Crackers, Milk	WG Goldfish, Fresh Fruit
Week 1	Breakfast <b>Burrito</b> Eggs, Veggie Choice, Shredded Cheese, WG Tortilla <b>30</b>	WG French Toast, Cottage Cheese, Fruit or Veggie <b>31</b>			
	Lunch <b>Chicken Noodle Soup</b> Diced Chicken, Mixed Veggies, Fruit WG Bread Choice	<b>*Potato Boat/Bowl</b> Diced Turkey Ham, Cheese, Broccoli, WG Bread Choice			
	Snack WG Black Bean Vegetable Crackers, Black Beans with Salsa &/ or Avocado	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