



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				1 Build My Own Parfait Greek Yogurt, Berries & WG Cereal	2 WG English Muffin, SunButter Fruit or Veggie
Lunch			NHA Closed	3 Build My Southwest Bowl Brown Rice, Black Beans, Bell Peppers, Cheese, Salsa, Fruit	4 Eggs Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack				WG Bagel, Hard Boiled Egg	Mango or Papaya & WG Chex Mix
Breakfast	5 Cheese, WG Bread/Grain, Fruit or Vegetable	6 Turkey/Ham, Spinach, on WG Bun	7 WG Waffle, Sunbutter & Yogurt Dip, Fruit or Veggie	8 Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers	9 WG Turkey Sausage Pizza, Fruit or Veggie
Lunch	10 Turkey & Avocado Roll Ups WG Tortilla, Cucumber or Bell Pepper Strips	11 *Red Pozole Stew Diced Chicken, Hominy, WG Bread Choice, Fruit	12 Meatballs & Spiral Zucchini "Noodles" Pasta Sauce, Fruit, WG Bread/Grain	13 WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	14 *Sunny Lemon Chicken 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	15 WG Bagel, Cheese Slice, Fruit or Veggie	16 WG Cereal, Gogurt/Greek Yogurt, Fruit or Veggie	17 Egg Patty, Avocado, Croissant or WG English	18 Build My WG Waffle "Pizza", Cream Cheese, Berries	19 WG French Toast Sticks, Cottage Cheese, Fruit /Veggie
Lunch	20 Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	21 Mighty Mushroom, Cheese & Sausage Crumble Pizza WG Crust Choice, Fruit or Additional Veggie	22 *Asian Chicken WG Fried Rice Edamame, Fruit	23 WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bread Choice	24 Chicken or Vegetarian Beans 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
Breakfast		25 Scrambled Egg Bowl Potato Chunks, Corn, Salsa	26 Sunbutter WG Sandwich, Fruit or Veggie	27 WG Cereal, Ham Patty, Fruit or Veggie	28 WG Biscuit, Sausage Gravy, Veggie or Fruit
Lunch	NHA Closed	29 Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	30 Shredded BBQ Pork or Chicken WG Bread Choice, Vegetable, Fruit	31 *Baked Bean Chili Ground Beef Crumble, Cornbread, Veggie, Fruit	32 WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack		Build My Own Cucumber & Cheese "Sandwich"	Gogurt/Yogurt, Berries	Graham Crackers, Milk	WG Goldfish, Fresh Fruit
Breakfast	33 Burrito Eggs, Veggie Choice, Shredded Cheese, WG Tortilla	34 WG French Toast, Cottage Cheese, Fruit or Veggie	35 Turkey Sausage Breakfast Hoagie, Fruit or Veggie	36 Build My Own Parfait Greek Yogurt, Berries & WG Cereal	37 WG English Muffin, SunButter Fruit or Veggie
Lunch	38 Chicken Noodle Soup Diced Chicken, Mixed Veggies, Fruit WG Bread Choice	39 *Potato Boat/Bowl Diced Turkey Ham, Cheese, Broccoli, WG Bread Choice	40 WG Chicken Potstickers Dipping Sauce Choice, Coleslaw, Fruit	41 Build My Southwest Bowl Brown Rice, Black Beans, Bell Peppers, Cheese, Salsa, Fruit	42 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 Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango or Papaya & WG Chex Mix

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