



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					
Week 1					
Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 3	WG Cereal, Meat/Meat Alternate, Fruit or Veggie 4	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 5	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers 6	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie 7
Lunch	*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots	*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Sauce, Fruit, Veggie	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit, Roll
Snack	Spinach/Lettuce, Deli Meat Roll Up	String cheese & WG Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternate, Fruit, Veggie, Bread/Grain, Milk
Breakfast	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie 10	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 11	Egg Patty, Avocado Spread, Croissant/WG English Muffin 12	Build My Waffle "Pizza" , Waffle, Cream Cheese, Berries 13	WG French Toast Sticks, Meat/Meat Alternate, Fruit 14
Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	WG Cheese, Sausage Crumble & Mushroom Pizza WG Crust Choice, Fruit or Veggie	Aztec Beef Lasagna WG Tortilla, Beef Crumble, Cheese, Fruit, Veggie	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bun	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit & Veggie or Two Vegetables
Snack	WG Champ Bite Crackers, Milk	WG Biscuit, Fresh Fruit	"GORP" WG Cheese Crackers, WG Cereals, Milk	WG Pasta Penne & Peas w/Italian Dressing	Turkey, Cream Cheese WG Tortilla Pinwheels
Breakfast		Scrambled Egg Bowl Potato Chunks, Corn, Salsa 18	Cheese WG Sandwich, Fruit or Veggie 19	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 20	WG Biscuit, Sausage Gravy, Veggie or Fruit 21
Lunch	NHA Closed		Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	*Beef Picadillo Brown Rice Quinoa, Beef Crumble, Fruit, Vegetable	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack		Build My Own Cucumber & Cheese "Sandwich"	Yogurt, Berries	Graham Crackers/Teddy Grahams, Milk	WG Goldfish, Fresh Fruit or Veggie
Breakfast	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla 24	French Toast, Cottage Cheese, Fruit or Veggie 25	Turkey Sausage Patty, WG Bread Choice Fruit or Veggie 26	Build My Parfait Yogurt, Berries & WG Cereal 27	WG English Muffin, Sunbutter Fruit or Veggie 28
Lunch	Chicken Noodle Soup Diced Chicken Mixed Veggies, Fruit, WG Roll	Shepherd's Pie Beef Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable. Roll	WG Chicken Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Black Bean, Cheese & Rice Bowl , 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

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