



|           | 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 or Diced Potatoes, Diced Bell Peppers 6                    | WG Turkey Sausage Breakfast Pizza, Veggie or Fruit 7  |
| Lunch     | <b>*Veggie Delight Rollup</b><br>WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots | <b>*Chicken &amp; Biscuit Pot Pie</b> Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable | <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>Chicken Cordon Blue Casserole</b><br>Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit, WG Roll |
| Snack     | Spinach/Lettuce, Deli Meat Roll Up   | String cheese & WG Breadstick   | Naan, Fresh Veggie, Hummus  | <b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal                           | <b>Pick Two:</b> Meat/Meat Alternat, 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                           | <b>Build My WG Waffle "Pizza"</b> , Cream Cheese, Berries 13                | WG French Toast Sticks, Meat/Meat Alternate, Fruit 14   |
| Lunch     | <b>Italian Dunkers</b> Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable               | <b>WG Cheese, Sausage Crumble &amp; Mushroom Pizza</b> WG Crust Choice, Fruit or Veggie                       | <b>Aztec Beef Lasagna</b> WG Tortilla, Beef Crumble, Cheese, Fruit, Veggie          | <b>WG Pollock (Fish) Sticks</b> Green Vegetable, Fruit, WG Bun              | <b>Chicken</b> Fruit & Vegetable, or Two Vegetables, WG Bread/Grain   |
| Snack     | WG Champ Bite Crackers, Milk   | WG Biscuit, Fresh Fruit   | <b>"GORP"</b> WG Cheese Crackers, WG Cereals, Milk                                  | WG Pasta Penne & Peas w/Italian Dressing                                    | Turkey/Cream Cheese WG Tortilla Pinwheels   |
| Breakfast |  | <b>Scrambled Egg Bowl</b> Potato Chunks, Corn, Salsa 18   | Sunbutter WG Sandwich, Fruit or Veggie 19   | WG Cereal, Ham Patty, Fruit or Veggie 20                                    | WG Biscuit, Sausage Gravy, Veggie or Fruit 21   |
| Lunch     | <b>NHA Closed</b>  |   | <b>Shredded BBQ Pork or Chicken</b> Hawaiian Bun, Vegetable, Fruit                  | <b>*Baked Bean Chili</b> Ground Beef Crumble, WG Bread Stick, Veggie, Fruit | <b>WG Lasagna Roll Ups or WG Ravioli</b> Shredded Cheese, Sauce Choice, Fruit, Veggie                       |
| Snack     |  | Build My Own Cucumber & Cheese "Sandwich"   | Cinnamon Granola, Berries   | Graham Crackers, Milk   | WG Goldfish, Fresh Fruit  |
| Breakfast | <b>Burrito</b> Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla 24                         | WG French Toast, Cottage Cheese, Fruit or Veggie 25   | Turkey Sausage Breakfast Sandwich Fruit or Veggie 26                                | <b>Build My Own Parfait</b> Yogurt, Berries & WG Cereal 27                  | WG English Muffin, Sunbutter Fruit or Veggie 28   |
| Lunch     | <b>Chicken Noodle Soup, Diced Chicken</b> Fruit, Mixed Veggies, WG Roll                      | <b>Shepherd's Pie</b> Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable, Roll       | <b>WG Chicken Potstickers</b> Dipping Sauce Choice, Edamame, Coleslaw, Fruit        | <b>Black Bean, Cheese &amp; Rice Bowl</b> , Salsa, Fruit, Vegetable         | <b>Eggs.</b> Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice                              |
| Snack     | WG Black Bean Vegetable Crackers, Black Beans & Salsa  | Pita Bread Triangle, Veggie Sticks, Dip   | Cheese & Fresh Fruit  | WG Bagel, Hard Boiled Egg   | Mango & WG Chex Mix   |
| Week 1    |  |   |   |   |   |

**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