



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					
Week 1					
Breakfast	Cheese, WG Bread, Fruit or Vegetable 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 & Spiral Zucchini "Noodles" Pasta Sauce, Fruit, WG Bread/Grain	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit, WG Bread
Snack	Spinach/Lettuce, Deli Meat Roll Up	String cheese & WG Soft Pretzel/Breadstick	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	WG Crackers & Milk
Week 2					
Breakfast	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie 10	WG Cereal, Gogurt/Greek Yogurt, Fruit or Veggie 11	Egg Patty, Avocado Spread, Croissant/WG English Muffin 12	Build My WG Waffle "Pizza" , Cream Cheese, Berries 13	WG French Toast Sticks, Meat/Meat Alternate, Fruit 14
Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	Mighty Mushroom, Cheese & Sausage Crumble Pizza WG Crust Choice, Fruit or Additional Veggie	Aztec Beef Lasagna WG Tortilla, Beef Crumble, Cheese, Fruit, Veggie	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bread Choice	Chicken or Vegetarian Beans Fruit & Vegetable or Two Vegetables, WG Bread/Grain
Snack	WG Champ Bite Crackers, Fruit	WG Buttermilk Biscuit, Fresh Fruit	WG Cheese Crackers & WG Cereal(s) Medley, Milk	WG Pasta Penne & Peas w/Italian Dressing	WG Tortilla, Cream Cheese, Veggie Roll Up
Week 3					
Breakfast		Scrambled Egg Bowl Potato Chunks, Corn, Salsa 18	Apple/Pear, Sunbutter Pita Pocket 19	WG Cereal, Ham Patty, Fruit or Veggie 20	WG Biscuit, Sausage Gravy, Veggie or Fruit 21
Lunch	NHA Closed		*Sloppy Sandwiches Meat/Meatless Crumble Choice, Cheese, WG Bun, Fruit, Veggie	*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"	Gogurt/Yogurt, Berries	Graham Crackers/Teddy Grahams, Milk	WG Goldfish, Fresh Fruit or Veggie
Week 4					
Breakfast	Burrito Eggs, Veggie Choice, Shredded Cheese, WG Tortilla 24	WG French Toast, Cottage Cheese, Fruit or Veggie 25	Turkey Sausage Breakfast Hoagie, Fruit or Veggie 26	Build My Own Parfait Greek Yogurt, Berries & WG Cereal 27	WG English Muffin, SunButter Fruit or Veggie 28
Lunch	Chicken Noodle Soup Diced Chicken, Mixed Veggies, Fruit WG Bread Choice	Shepherd's Pie Beef Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable, WG Bread	WG Chicken Potstickers Dipping Sauce Choice, 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 with Salsa &/ or Avocado	Pita Bread Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango/ Papaya & 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:** No more than 12 grams of added sugar per 6 oz **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