



	Monday		Tuesday		Wednesday		Thursday		Friday		
Breakfast	Week 1	Ham or Turkey Sausage Patty WG Sandwich, Fruit or Veggie	1	WG Bagel, Cottage Cheese, Fruit	2	Egg Breakfast WG Sandwich Fruit or Veggie	3	Build My Own Parfait Yogurt, Berries & WG Cereal	4	WG French Toast Sticks, Sunbutter, Berries	5
Lunch		WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable		*Red Pozole Stew Chicken, Hominy, Tomato Florentine Soup, Fruit		Southwest Bowl Chicken, Vegetarian Beans, Southwest Brown Rice, Salsa, Fruit, Veggie		Flying Saucer Sandwich Ham/Turkey, Spinach or Romaine, WG Bun Choice, Fruit		WG Lasagna Roll Ups, Shredded Cheese, Sauce, Veggie, Fruit or Two Veggies	
Snack		WG Black Bean Vegetable Crackers, Black or Refried Beans with Salsa		WG Pita, Fresh Veggie, Hummus		Cheese & Fresh Fruit		WG Bagel, Veggie Sticks (Jicama, Cucumber or Kohlrabi)		Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip	
Breakfast	Week 2	WG Bread Choice, Meat/Meat Alternate Choice, Fruit	8	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie	9	Build my Own Bowl Cottage Cheese or Yogurt, Fruit	10	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers	11	Pancakes, Sunbutter, Fruit or Veggie	12
Lunch		Meatloaf Sweet Potatoes or Green Beans, Fruit or Two Veggies, WG Roll		Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Yogurt, Fruit, Vegetable		Chicken & Asian Vegetables in Sauce Choice, WG Yakisoba Noodles, Fruit		California Hamburger WG Bun, Tomato, Lettuce, Veggie		*Diced Turkey Mashed Potato Bowl Shredded Cheese, Edamame or Broccoli, WG Bread	
Snack		WG Tortilla, Sunbutter, Fruit or Veggie		Mango or Papaya & WG Cereal		Naan, Fresh Veggie, Dip		Fruit or Veggie & WG Soft Pretzel or Breadstick, Honey Mustard Dip		WG Chex Mix & Milk	
Breakfast	Week 3	WG Bagel or English Muffin, Cheese, Fruit or Veggie	15	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie	16	Eggs, WG Bread Choice, Fruit or Veggie	17	Build My WG Waffle "Pizza" Yogurt, Berries	18	WG French Toast, Meat/Meat Alternate, Fruit/Veggie	19
Lunch		Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla		*Cheese & Veggie Pizza WG Crust Choice, Additional Vegetable or Fruit		Meatballs, Sauce Choice, WG Bun or WG Pasta Fruit & Vegetable or Two Veggies		Chicken or Tuna Salad Sandwich, Bread Choice, Fruit, Veggie or Two Veggies		WG Pollock (Fish) Sticks or Patty Veggie, Fruit, WG Bread Choice	
Snack		WG Champ Bite Crackers, Fruit		Fresh Fruit, Fresh Veggie, Dip		WG Crackers & WG Cereal(s) Medley, Fresh Veggie, Dip		Cottage Cheese, Berries		WG Buttermilk Biscuit or Cornbread, Fruit	
Breakfast	Week 4	Pancake, Yogurt, Fruit or Veggie	22	WG Cereal, Meat/Meat Alternate (extra), Fruit	23	Eggs, Fruit, WG English Muffin or Bagel	24	New Horizon Academy Closed	25	WG Biscuit, Sunbutter, Fruit or Veggie	26
Lunch		Shredded Carnitas Chicken WG Tortilla , Fruit, Veggie		*Chicken, WG Penne with Alfredo Sauce Green Veggie, Fruit		Chicken, Beef, Turkey or Vegetarian Beans Fruit & Vegetable or Two Vegetables, WG Bread/Grain			*Asian Chicken Wrap WG Tortilla, Coleslaw, Sesame or Teriyaki Dressing, Fruit or 2 nd Veggie		
Snack		WG Breadsticks, Marinara or Pizza Sauce, Fresh Veggie		Build My Own Cucumber & Cheese "Sandwich"		Ham or Turkey on WG Bun			WG Crackers, Fresh Fruit or Veggie, Dip		
Breakfast	Week 1	Ham or Turkey Sausage Patty WG Sandwich, Fruit or Veggie	29	WG Bagel, Cottage Cheese, Fruit	30	Egg Breakfast WG Sandwich Fruit or Veggie	31				
Lunch		WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable		*Red Pozole Stew Chicken, Hominy, Tomato Florentine Soup, Fruit		Southwest Bowl Chicken, Vegetarian Beans, Southwest Brown Rice, Salsa, Fruit, Veggie					
Snack		WG Black Bean Vegetable Crackers, Black or Refried Beans with Salsa		WG Pita, Fresh Veggie, Hummus		Cheese & Fresh Fruit					

MEAL STANDARD GUIDELINES: Milk is served with every breakfast and lunch. Ages 12-24 months are served whole milk. Ages 2 and older are served low fat 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