



	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	Week 1	Ham or 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, Rice, Salsa, Fruit	Flying Saucer Sandwich Ham/Turkey, Spinach or Romaine, WG Bun Choice, Fruit	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, Sunbutter, 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	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie 12				
Lunch		*Baked Bean Chili Ground Beef Crumble, Baked Beans, Cornbread, Fruit & Veggie	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Yogurt, Fruit, Vegetable	Chicken & Vegetables in Sauce Choice, Lo Mein 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, Sunbutter Fruit or Veggie 15	WG Cereal, Turkey Sausage Patty, Fruit or Veggie 16	Eggs, WG Bread Choice, Fruit or Veggie 17	Build My WG Waffle "Pizza" Yogurt, Berries 18	French Toast, Meat/Meat Alternate, Fruit/Veggie 19				
Lunch		Burrito Eggs, Fajita Blend 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	Fish Sticks 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 & Sunbutter Sandwich, 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		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 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, Rice, Salsa, Fruit						
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 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