



	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	Week 1	Turkey Sausage Patty WG Biscuit, Fruit or Veggie 1	WG Bagel, Cottage Cheese, Fruit 2	Egg, WG Bread Choice Fruit or Veggie 3	Build My Own Parfait Yogurt, Berries & WG Cereal 4	WG French Toast Sticks, Sunbutter, Berries 5				
Lunch		WG Pollock (Fish) Veggie, Fruit, WG Bread Choice	*Baked Bean Chili Ground Beef Crumble, Baked Beans, Cornbread, Fruit & Veggie	Chicken Thighs Vegetarian Beans, Southwest Brown Rice, Fruit, Veggie, Salsa	Flying Saucer Sandwich Ham/Turkey, Spinach or Romaine, Tomato, WG Bun Choice, Fruit	Lasagna with Shredded Cheese WG Roll, Green Veggie, Fruit				
Snack		WG Black Bean Vegetable Crackers, Black or Refried Beans with Salsa	WG Pita, Fresh Veggie, Hummus	Cheese & WG Crackers or WG Bun	WG Bagel, Veggie Sticks (Jicama, Cucumber or Kohlrabi)	Build My Own Spinach or Lettuce, Ham or Turkey Roll Up, Ranch Dip				
Breakfast	Week 2	Build My WG Waffle “Pizza” Yogurt, Berries 8	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie 9	Diced Turkey Ham, Diced Potatoes, Diced Bell Peppers 10	Eggs, Fruit, WG Bread Choice 11	WG Turkey Sausage Breakfast Pizza, 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	Grilled Chicken & Asian Vegetables in Sauce Choice, WG Yakisoba Noodles, Fruit	California Hamburger WG Bun, Tomato, Lettuce, Veggie	Shredded BBQ Chicken & Mashed Potatoes Edamame or Broccoli, WG Bread Fruit				
Snack		WG Tortilla, Sunbutter, Fruit or Veggie	Mango or Papaya & WG Crackers	Naan, Fresh Veggie, Dip	Fruit or Veggie & WG Soft Pretzel Honey Mustard or Dip	WG Chex Mix & Milk				
Breakfast	Week 3	WG Bagel or English Muffin, Sunbutter Fruit or Veggie 15	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie 16	WG French Toast, Meat/Meat Alternate, 17	WG Bread Choice, Meat/Meat Alternate Choice, Fruit 18	Eggs, WG Bread Choice, Fruit or 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	*Red Pozole Stew Chicken, Hominy, Tomato Florentine Soup, Fruit, WG Bread Choice	WG Mac N’ Cheese Diced Ham Fruit, Green Vegetable				
Snack		WG Champ Bite Crackers, Fruit	Fresh Fruit, Fresh Veggie, Dip	WG Breadstick & Milk	Cottage Cheese, Berries	WG Buttermilk Biscuit, Fruit or Veggie				
Breakfast	Week 4	WG Pancake & Sunbutter Sandwich, Fruit or Veggie 22	WG Cereal, Meat/Meat Alternate (extra), Fruit 23	Eggs, WG English Muffin or WG Bagel, Bell Peppers 24	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	New Horizon Academy Closed	*Asian Chicken Wrap WG Tortilla, Coleslaw, Sesame or Teriyaki Dressing, Fruit or 2 <sup>nd</sup> Veggie				
Snack		Graham Crackers, Milk	Build My Own Cucumber & Cheese “Sandwich”	WG Roll, Turkey or Ham		WG Crackers, Fresh Fruit or Veggie, Dip				
Breakfast	Week 1	Turkey Sausage Patty WG Biscuit, Fruit or Veggie 29	Egg Breakfast WG Sandwich Fruit or Veggie 30	WG Bagel, Cottage Cheese, Fruit 31						
Lunch		WG Pollock (Fish) Veggie, Fruit, WG Bread Choice	*Baked Bean Chili Ground Beef Crumble, Baked Beans, Cornbread, Fruit & Veggie	Chicken Thighs Vegetarian Beans, Southwest Brown Rice, Fruit, Veggie, Salsa						
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 **Breakfasts** include a meat/meat alternate as an **extra** component to provide additional protein which exceeds the USDA meal pattern requirements. **\* Recipe Available for Kitchen Managers**