



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Week 1			New Horizon Academy Closed	1 WG French Toast Sticks, Sunbutter, Berries 2
Lunch					Lasagna Roll Ups , Shredded Cheese, Sauce, Veggie, Fruit or Two Veggies
Snack					Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip
Breakfast	Week 2	5 WG Bread Choice, Meat/Meat Alternate Choice, Fruit	6 WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie	7 Build my Own Bowl Cottage Cheese or Yogurt, Fruit	8 Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers
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
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
Breakfast	Week 3	12 WG Bagel or English Muffin, Sunbutter Fruit or Veggie	13 Build My WG Waffle "Pizza" Yogurt, Berries	14 Eggs, WG Bread Choice, Fruit or Veggie	15 WG Cereal, Ham Patty, Fruit or Veggie
Lunch		Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla	*Cheese & Veggie Pizza WG Crust Choice, Sauce, 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
Snack		WG Champ Bite Crackers, Fruit	Fresh Fruit, Fresh Veggie, Dip	WG Cereal(s) Medley, Fresh Veggie, Dip	Cottage Cheese, Berries
Breakfast	Week 4	19	20 Pancake & Sunbutter Sandwich, Fruit or Veggie	21 Eggs, Fruit, WG English Muffin or Bagel	22 WG Cereal, Meat/Meat Alternate (extra), Fruit
Lunch		New Horizon Academy Closed	*Chicken, WG Penne with Alfredo Sauce Green Veggie, Fruit	Chicken, Beef, Turkey or Vegetarian Beans Fruit & Vegetable or Two Vegetables, WG Bread/Grain	Shredded Carnitas Chicken WG Tortilla, Fruit, Veggie
Snack			Build My Own Cucumber & Cheese "Sandwich"	WG Roll, Turkey or Ham	WG Breadstick, Marinara Sauce, Fresh Veggie
Breakfast	Week 1	26 Ham or Turkey Sausage Patty WG Sandwich, Fruit or Veggie	27 WG Bagel, Cottage Cheese, Fruit	28 Egg Breakfast WG Sandwich Fruit or Veggie	29 Build My Own Parfait Yogurt, Berries & WG Cereal
Lunch		WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	*Red Pozole Stew Chicken, Hominy, Tomato Florentine Soup, Fruit, WG Bread Choice	Chicken, Vegetarian Beans, Rice, Salsa, Fruit, Veggie	Flying Saucer Sandwich Ham/Turkey, Spinach or Romaine, Tomato, WG Bun Choice, Fruit
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)
					30 WG French Toast Sticks, Sunbutter, Berries Lasagna Roll Ups , Shredded Cheese, Sauce, Veggie, Fruit or Two Veggies Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip

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 Vegetarian substitutions offered for children that practice exclusively vegetarian **Honey:** Not served to children under age 1

* Kitchen Managers recipe for reference