



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