



		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		WG Bread Choice, Meat/Meat Alternate Choice, Fruit 2	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie 3	Build my Own Bowl Cottage Cheese or Yogurt, Fruit 4	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers California Hamburger WG Bun, Tomato, Lettuce, Veggie 5	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie 6
Lunch	Week 2	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	 *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 9	Build My WG Waffle "Pizza" Yogurt, Berries 10	Eggs, WG Bread Choice, Fruit or Veggie 11	WG Cereal, Ham Patty, Fruit or Veggie 12	WG French Toast, Meat/Meat Alternate, Fruit/Veggie 13
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	WG Pollock (Fish) Sticks or Patty Veggie, Fruit, WG Bread Choice
Snack		WG Champ Bite Crackers, Fruit	Fresh Fruit, Fresh Veggie, Dip	WG Cereal(s) Medley, Fresh Veggie, Dip	Cottage Cheese, Berries	WG Buttermilk Biscuit or Cornbread, Fruit
Breakfast	Week 4	New Horizon Academy Closed 16		Pancake & Sunbutter Sandwich, Fruit or Veggie 17	Eggs, Fruit, WG English Muffin or Bagel 18	WG Cereal, Meat/Meat Alternate (extra), Fruit 19
Lunch				*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 20
Snack				Build My Own Cucumber & Cheese "Sandwich"	WG Roll, Turkey or Ham	WG Crackers, Fresh Fruit or Veggie, Dip
Breakfast	Week 1	Ham or Turkey Sausage Patty WG Sandwich, Fruit or 23	WG Bagel, Cottage Cheese, Fruit 24	Egg Breakfast WG Sandwich Fruit or Veggie 25	Build My Own Parfait Yogurt, Berries & WG Cereal 26	WG French Toast Sticks, Sunbutter, Berries 27
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	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						
Lunch						
Snack						

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