



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					
Breakfast	WG Bread Choice, Meat/Meat Alternate Choice, Fruit Week 2	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Yogurt, Fruit, Vegetable	Build my Own Bowl Cottage Cheese or Yogurt, Fruit Chicken & Asian Vegetables in Sauce Choice , WG Yakisoba Noodles, Fruit	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers California Hamburger WG Bun, Tomato, Lettuce, Veggie	Pancakes, Yogurt, Fruit or Veggie *Diced Turkey Mashed Potato Bowl Shredded Cheese, Edamame or Broccoli, WG Bread
Lunch	Meatloaf Sweet Potatoes or Green Beans, Fruit or Two Veggies, WG Roll				
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	WG Bagel or English Muffin, Sunbutter Fruit or Veggie Week 3	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie *Cheese & Veggie Pizza WG Crust Choice, Sauce, Additional Vegetable or Fruit	Eggs, WG Bread Choice, Fruit or Veggie Meatballs, Sauce Choice, WG Bun or WG Pasta Fruit & Vegetable or Two Veggies	Build My WG Waffle "Pizza" Yogurt, Berries Chicken or Tuna Salad Sandwich , Bread Choice, Fruit, Veggie or Two Veggies	WG French Toast, Meat/Meat Alternate, Fruit/Veggie Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato
Lunch	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla				
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		16	Eggs, Fruit, WG English Muffin or Bagel New Horizon Academy Closed	17	Pancake & Sunbutter Sandwich, Fruit or Veggie Chicken, WG Penne with Alfredo Sauce Green Veggie, Fruit
Lunch				18	Chicken, Beef, Turkey or Vegetarian Beans Fruit & Vegetable or Two Vegetables, WG Bread/Grain
Snack					Ham or Turkey on WG Bun
Breakfast	Ham or Turkey Sausage Patty WG Sandwich, Fruit or Veggie Week 1	23	WG Bagel, Cottage Cheese, Fruit WG Mac N' Cheese with Diced Turkey Fruit, Green Vegetable	24	Egg Breakfast WG Sandwich Fruit or Veggie Southwest Bowl Chicken, Vegetarian Beans, Rice Blend, Salsa, Fruit, Veggie
Lunch				25	Build My Own Parfait Yogurt, Berries & WG Cereal Flying Saucer Sandwich 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) Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip
				26	WG French Toast Sticks, Sunbutter, Berries WG Ravioli Shredded Cheese, Sauce, Veggie, Fruit or Two Veggies

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**