



	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast										
Lunch										
Snack										
Breakfast	Week 2	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 5	Pancakes, Sunbutter, Fruit or Veggie 6				
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	*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, Cheese, Fruit or Veggie 9	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie 10	Eggs, WG Bread Choice, Fruit or Veggie 11	Build My WG Waffle “Pizza” Yogurt, Berries 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, 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 Crackers & WG Cereal(s) Medley, Fresh Veggie, Dip	Cottage Cheese, Berries	WG Buttermilk Biscuit or Cornbread, Fruit				
Breakfast	Week 4	16	WG Cereal, Meat/Meat Alternate (extra), Fruit 17	Eggs, Fruit, WG English Muffin or Bagel 18	Pancake, Yogurt, Fruit or Veggie 19	WG Biscuit, Sunbutter, Fruit or Veggie 20				
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	*Asian Chicken Wrap WG Tortilla, Coleslaw, Sesame or Teriyaki Dressing, Fruit or 2 nd Veggie				
Snack			Build My Own Cucumber & Cheese “Sandwich”	Ham or Turkey on WG Bun	WG Breadsticks, Marinara or Pizza Sauce, Fresh Veggie	WG Crackers, Fresh Fruit or Veggie, Dip				
Breakfast	Week 1	Ham or Turkey Sausage Patty WG Sandwich, Fruit or Veggie 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	Southwest Bowl Chicken, Vegetarian Beans, Southwest Brown Rice, Salsa, Fruit, Veggie	Flying Saucer Sandwich Ham/Turkey, Spinach or Romaine, WG Bun Choice, Fruit	WG 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				

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 low fat 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

* Kitchen Managers recipe for reference