



	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, Sunbutter, 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, Cheese, Fruit or Veggie Week 3	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie *Cheese & Veggie Pizza WG Crust Choice, 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 WG Pollock (Fish) Sticks or Patty Veggie, Fruit, WG Bread Choice
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		WG Cereal, Meat/Meat Alternate (extra), Fruit Week 4	Eggs, Fruit, WG English Muffin or Bagel *Chicken, WG Penne with Alfredo Sauce Green Veggie, Fruit	Pancake, Yogurt, Fruit or Veggie Shredded Carnitas Chicken WG Tortilla, Fruit, Veggie	WG Biscuit, Sunbutter, Fruit or Veggie *Asian Chicken Wrap WG Tortilla, Coleslaw, Sesame or Teriyaki Dressing, Fruit or 2 nd Veggie
Lunch	New Horizon Academy Closed		Build My Own Cucumber & Cheese "Sandwich"	Ham or Turkey on WG Bun	WG Crackers, Fresh Fruit or Veggie, Dip
Snack					
Breakfast	Ham or Turkey Sausage Patty WG Sandwich, Fruit or Veggie Week 1	WG Bagel, Cottage Cheese, Fruit WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Egg Breakfast WG Sandwich Fruit or Veggie Southwest Bowl Chicken, Vegetarian Beans, Southwest Brown Rice, Salsa, Fruit, Veggie	Build My Own Parfait Yogurt, Berries & WG Cereal Flying Saucer Sandwich Ham/Turkey, Spinach or Romaine, WG Bun Choice, Fruit	WG French Toast Sticks, Sunbutter, Berries WG Lasagna Roll Ups , Shredded Cheese, Sauce, Veggie, Fruit or Two Veggies
Lunch					
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