



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					
Breakfast	WG Bread Choice, Meat/Meat Alternate Choice, Fruit  <b>Week 2</b>	WG Cereal, Meat/Meat Alternate, Fruit or Veggie  <b>Italian Dunkers</b> Garlic Bread, Melted Cheese, Marinara, Yogurt, Fruit, Vegetable	<b>Build my Own Bowl</b> Cottage Cheese or Yogurt, Fruit  <b>Chicken &amp; Vegetables in Sauce Choice</b> , Lo Mein Noodles, Fruit	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers  <b>California Hamburger</b> WG Bun, Tomato, Lettuce, Veggie	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie  <b>*Diced Turkey Mashed Potato Bowl</b> Shredded Cheese, Edamame or Broccoli, WG Bread
Lunch	<b>*Baked Bean Chili</b> Ground Beef Crumble, Baked Beans, Cornbread, Fruit & Veggie	<b>Mango or Papaya &amp; WG Cereal</b>	Naan, Fresh Veggie, Dip	Fruit or Veggie & WG Soft Pretzel or Breadstick, Honey Mustard Dip	<b>WG Chex Mix &amp; Milk</b>
Snack	WG Tortilla, Sunbutter, Fruit or Veggie				
Breakfast	WG Bagel or English Muffin, Sunbutter Fruit or Veggie  <b>Week 3</b>	WG Cereal, Turkey Sausage Patty, Fruit or Veggie  <b>*Cheese &amp; Veggie Pizza</b> WG Crust Choice, Additional Vegetable or Fruit	Eggs, WG Bread Choice, Fruit or Veggie  <b>Meatballs, Sauce Choice, WG Bun or WG Pasta</b> Fruit & Vegetable or Two Veggies	<b>Build My WG Waffle "Pizza"</b> Yogurt, Berries  <b>Chicken or Tuna Salad Sandwich</b> , Bread Choice, Fruit, Veggie or Two Veggies	French Toast, Meat/Meat Alternate, Fruit/Veggie  <b>Fish Sticks</b> Veggie, Fruit, WG Bread Choice
Lunch	<b>Burrito</b> Eggs, Fajita Blend Veggies, Shredded Cheese, WG Tortilla	Fresh Fruit, Fresh Veggie, Dip	WG Crackers & WG Cereal(s) Medley, Fresh Veggie, Dip	Cottage Cheese, Berries	WG Buttermilk Biscuit or Cornbread, Fruit
Snack	WG Champ Bite Crackers, Fruit				
Breakfast		WG Cereal, Meat/Meat Alternate, Fruit or Veggie  <b>Week 4</b>	Pancake & Sunbutter Sandwich, Fruit or Veggie  <b>*Chicken, WG Penne with Alfredo Sauce</b> Green Veggie, Fruit	Eggs, Fruit or Veggie, WG English Muffin or Bagel  <b>Shredded Carnitas Chicken</b> WG Tortilla, Fruit, Veggie	WG Biscuit, Sunbutter, Fruit or Veggie  <b>*Asian Chicken Wrap</b> WG Tortilla, Coleslaw, Sesame or Teriyaki Dressing, Fruit or 2 <sup>nd</sup> Veggie
Lunch	<b>New Horizon Academy Closed</b>	<b>Build My Own</b> Cucumber & Cheese "Sandwich"	Ham or Turkey on WG Bun	Breadsticks, Marinara or Pizza Sauce, Fresh Veggie	WG Crackers, Fresh Fruit or Veggie, Dip
Snack					
Breakfast	Ham or Sausage Patty WG Sandwich, Fruit or Veggie  <b>Week 1</b>	WG Bagel, Cottage Cheese, Fruit or Veggie  <b>*Red Pozole Stew</b> Chicken, Hominy, Tomato Florentine Soup, Fruit	Egg Breakfast WG Sandwich Fruit or Veggie  <b>Southwest Bowl</b> Chicken, Vegetarian Beans, Rice, Salsa, Fruit	<b>Build My Own Parfait</b> Yogurt, Berries & WG Cereal  <b>Flying Saucer Sandwich</b> Ham/Turkey, Spinach or Romaine, WG Bun Choice, Fruit	WG French Toast Sticks, Sunbutter, Fruit or Veggie  <b>Lasagna Roll Ups</b> , Shredded Cheese, Sauce, Veggie, Fruit or Two Veggies
Lunch	<b>WG Mac N' Cheese</b> Vegetarian Beans Fruit, Green Vegetable	WG Pita, Fresh Veggie, Hummus	Cheese & Fresh Fruit	WG Bagel, Sunbutter, Veggie Sticks (Jicama, Cucumber or Kohlrabi)	<b>Build My Own</b> Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip
Snack	WG Black Bean Vegetable Crackers, Black or Refried Beans with Salsa				

**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 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 including as an ingredient \* Kitchen Managers recipe for reference