



	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast										
Lunch										
Snack										
Breakfast	Week 2	Build My WG Waffle “Pizza” 2 Yogurt, Berries	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie 3	Ham Patty, WG Biscuit, Fruit or Veggie 4	Eggs, Bell Peppers, WG Bread Choice 5	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie 6				
Lunch		Meatloaf Sweet Potatoes or Green Beans, Fruit or Additional Veggie, WG Roll	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Yogurt or Cottage Cheese, Fruit, Vegetable	Grilled Chicken & Asian Vegetables in Sauce Choice , WG Yakisoba Noodles, Fruit	California Cheeseburger WG Bun, Tomato, Lettuce, Fruit	Shredded BBQ Chicken & Potatoes Edamame or Broccoli, WG Bread, Fruit				
Snack		WG Tortilla, Sunbutter, Fruit or Veggie	Mango or Papaya & WG Crackers	Naan, Fresh Veggie, Dip	Fruit or Veggie & WG Soft Pretzel Honey Mustard or Dip	WG Cracker or Chex Mix & Milk				
Breakfast	Week 3	WG Bagel or English Muffin, Sunbutter Fruit or Veggie 9	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie 10	WG French Toast, Fruit, Meat/Meat Alternate 11	WG Bread Choice, Meat/Meat Alternate Choice, Fruit 12	Eggs, WG Bread Choice, Veggie 13				
Lunch		Burrito Eggs, Fajita Veggies, Fruit, 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	*Red Pozole Stew Chicken, Hominy, Tomato Florentine Soup, Fruit, WG Bread Choice	WG Mac N’ Cheese & Diced Ham Fruit, Green Vegetable				
Snack		WG Champ Bite Crackers, Fruit	Fresh Fruit, Fresh Veggie, Dip	WG Breadstick & Milk	Cucumber & Cheese “sandwich”	WG Buttermilk Biscuit, Fruit or Veggie				
Breakfast	Week 4	16	WG Cereal, Meat/Meat Alternate (extra), Fruit 17	Eggs, WG English Muffin or WG Bagel, Sweet Potatoes 18	WG Pancake & Yogurt, Fruit or Veggie 19	Croissant, 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 Additional Veggie				
Snack			Build My Own Cucumber & Cheese “Sandwich”	WG Roll, Turkey or Ham	Teddy or Graham Crackers, Milk	WG Crackers, Fresh Fruit or Veggie, Dip				
Breakfast	Week 1	Turkey Sausage Patty on WG Biscuit, Fruit or Veggie 23	Egg Breakfast WG Sandwich, Fruit or Veggie 24	WG Bagel, Cottage Cheese, Fruit 25	Build My Own Parfait Yogurt, Berries & WG Cereal 26	WG French Toast Sticks, Sunbutter, Fruit or Veggie 27				
Lunch		WG Pollock (Fish) Veggie, Fruit, WG Bread Choice	*Baked Bean Chili Ground Beef Crumble, Baked Beans, Cornbread, Fruit & Veggie	Chicken Thighs Vegetarian Beans, Southwest Brown Rice, Fruit	*Arroz Con Queso (Cheese & WG Rice) Corn, Pinto Beans, Fruit	Lasagna with Shredded Cheese WG Roll, Green Veggie, 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 or Lettuce, Ham or Turkey 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 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**