



|           | Monday | Tuesday   | Wednesday   | Thursday   | Friday  |  |
|-----------|--------|---|---|--|---|--|
| Breakfast |        |   |   |  |   |  |
| Lunch     |        |   |   |  |   |  |
| Snack     |        |   |   |  |   |  |
| Breakfast | Week 2 | Build My WG Waffle "Pizza" <b>2</b><br>Yogurt, Berries                      | WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie <b>3</b>                                     | Ham Patty, WG Biscuit, Fruit or Veggie <b>4</b>                                | Eggs, Bell Peppers, WG Bread Choice <b>5</b>  | WG Turkey Sausage Breakfast Pizza, Fruit or Veggie <b>6</b>          |
| 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 <b>9</b>              | WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie <b>10</b>                                 | WG French Toast, Fruit, Meat/Meat Alternate <b>11</b>                          | WG Bread Choice, Meat/Meat Alternate Choice, Fruit <b>12</b>                                  | Eggs, WG Bread Choice, Veggie <b>13</b>                              |
| 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 | <b>New Horizon Academy Closed</b>   |   | WG Cereal, Meat/Meat Alternate (extra), Fruit <b>16</b>                        | Eggs, WG English Muffin or WG Bagel, Sweet Potatoes <b>17</b>                                 | WG Pancake & Yogurt, Fruit or Veggie <b>18</b>                       |
| Lunch     |        |   |   | *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 <b>19</b>       |
| Snack     |        |   |   | Build My Own Cucumber & Cheese "Sandwich"                                      | WG Roll, Turkey or Ham  | Teddy or Graham Crackers, Milk                                       |
| Breakfast | Week 1 | Turkey Sausage Patty on WG Biscuit, Fruit or Veggie <b>23</b>               | Egg Breakfast WG Sandwich, Fruit or Veggie <b>24</b>  | WG Bagel, Cottage Cheese, Fruit <b>25</b>                                      | Build My Own Parfait Yogurt, Berries & WG Cereal <b>26</b>                                    | WG French Toast Sticks, Sunbutter, Fruit or Veggie <b>27</b>         |
| 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**