



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			Ham or Sausage Patty, WG Biscuit, Fruit <b>1</b>	Eggs, Veggie WG Bread Choice <b>2</b>	WG Bread Choice, Meat/Meat Alternate, Fruit <b>3</b>
Lunch			Ham & Cheese Sliders, WG Bun, Veggie, Fruit	WG Pollock (Fish) on WG Bun, Green Veggie, Lettuce, Fruit	*Chicken Chalupas WG Tortilla, Diced Chicken, Refried Beans, Cheese, Vegetable, Fruit
Snack			Naan or Pita, Fresh Veggie, Dip	Fruit or Veggie & WG Soft Pretzel Honey Mustard or Dip	WG Cracker or Chex Mix & Milk
Breakfast	WG Bagel or English Muffin, Sunbutter Fruit <b>6</b>	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie <b>7</b>	WG French Toast, Fruit, Meat/Meat Alternate Choice <b>8</b>	WG Bread Choice, Meat/Meat Alternate, Fruit <b>9</b>	Eggs, WG Bread Choice, Tomato Slice <b>10</b>
Lunch	Turkey or Chicken, Sauce Choice, Rice, Veggie, Fruit	*WG English Muffin Pizza, Cheese, Bell Peppers, Fruit	*Arroz Con Queso (Cheese & Rice), Mixed Veggies, Fruit	*Chicken, WG Penne, Alfredo, Green Veggie, Fruit	*Pizza Burger Sausage or Beef Crumble, WG Bun. Veggie Sticks, Fruit
Snack	WG Champ Bite Crackers, Fruit	Fresh Fruit, Fresh Veggie, Dip	WG Breadstick & Milk	Yogurt, WG Cereal	WG Buttermilk Biscuit, Fruit or Veggie
Breakfast	WG French Toast Sticks, Yogurt, Fruit <b>13</b>	WG Cereal, Meat/Meat Alternate, Fruit <b>14</b>	Eggs, WG English Muffin or WG Bagel, Potato Choice <b>15</b>	WG Pancake & Yogurt, Fruit or Veggie <b>16</b>	Croissant, Meat Choice, Fruit or Veggie <b>17</b>
Lunch	Mac N Cheese, Vegetarian Beans, Vegetable, Fruit	WG Pollock (Fish) Tacos, WG Tortilla, Coleslaw, Fruit	Shredded Chicken or Chicken Patty, BBQ Sauce WG Bun, Veggie, Fruit	Meatballs or Meatloaf, WG Pasta, Sauce, Veggie, Fruit	*Sunny Lemon Chicken, WG Yakisoba Noodles, Green Veggie, Fruit
Snack	WG Crackers, Fresh Fruit or Veggie, Dip	Happy Feet Penguin Hard Boiled Egg, Carrot Sticks	WG Roll, Turkey or Ham	Teddy or Graham Crackers, Milk	WG Pita, Tzatziki or Hummus, Veggie or Fruit
Breakfast	Turkey Sausage or Ham Patty on WG Biscuit, Fruit <b>20</b>	Egg Breakfast WG Sandwich, Fruit <b>21</b>	WG Bagel, Cottage Cheese, Diced Sweet Potato <b>22</b>	Build My Own Parfait Yogurt, Berries & WG Cereal <b>23</b>	WG French Toast Sticks, Sunbutter/Yogurt Dip, Fruit <b>24</b>
Lunch	Grilled Chicken Nuggets or Strips, WG Bread/Grain Choice, Vegetarian Beans, Fruit	*Hoagie Sandwich, Deli Meat, Cheese, WG Hot Dog Bun, Veggie, Fruit	*Potato Boats or Mashed, Diced Meat Choice, Cheese, Broccoli, Fruit	Pizza WG Crust Choice, Meat Topping Choice, Veggie, Fruit	WG Lasagna Roll Ups or Ravioli, Cheese, Sauce, Fruit, Veggie
Snack	Cottage Cheese or Yogurt & Peaches or Pears	Fresh Fruit, Veggie, Dip	Cheese & WG Crackers	WG Bagel, Veggie Sticks (Jicama, Cucumber or Kohlrabi)	WG Crackers & Milk
Breakfast	Build My WG Waffle "Pizza" Yogurt, Berries <b>27</b>	WG Cereal, Meat/Meat Alternate (extra), Fruit <b>28</b>	Ham or Sausage Patty, WG Biscuit, Fruit <b>29</b>	Eggs, Veggie WG Bread Choice <b>30</b>	
Lunch	Hamburger Patty, WG Bun, Cheese, Tomato, Lettuce, Fruit	Frittata, WG Bread, Veggie, Fresh or Frozen Berries	Ham & Cheese Sliders, WG Bun, Veggie, Fruit	WG Pollock (Fish) on WG Bun, Green Veggie, Lettuce, Fruit	
Snack	WG Tortilla, Cream Cheese, Veggie Roll Up	Mango or Papaya & WG Crackers	Naan or Pita, Fresh Veggie, Dip	Fruit or Veggie & WG Soft Pretzel Honey Mustard or 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**