



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