



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 3	Breakfast	WG Bagel or English Muffin, Sunbutter Fruit or Veggie 1	WG Cereal, Ham or Turkey Sausage Patty, Fruit 2	WG French Toast, Meat/Meat Alternate Choice, Fruit 3	WG Bread Choice, Meat/Meat Alternate, Fruit 4	Eggs, WG Bread Choice, Veggie 5
	Lunch	Grilled Chicken, WG Bread or Grain. Leafy Green Choice, Fruit	*Pizza Burger, Beef Crumble, WG Hamburger Bun, Veggie, Fruit	Chicken Salad, WG Crackers, Cheese Stick, Veggie Sticks, Fruit	*Quesadilla WG Tortilla, Vegetarian Beans, Cheese, Spinach, Fruit	Hamburger Patty, WG Bun, Tomato, Lettuce, Fruit
	Snack	WG Crackers, Black Beans & Salsa Dip	Fresh Fruit, Fresh Veggie, Dip	WG Breadstick or Soft Pretzel & Milk	Yogurt, WG Cereal	WG Buttermilk Biscuit, Veggie
Week 4	Breakfast	WG French Toast, Yogurt & Sunbutter Dip, Fruit 8	Eggs, WG English Muffin or WG Bagel, Potato Choice 9	WG Cereal, Meat/Meat Alternate, Fruit 10	WG Pancakes & Yogurt or Sunbutter, Fruit 11	Croissant or WG Bread Choice, Cheese, Veggie 12
	Lunch	*Turkey Fiesta Macaroni & Cheese, Ground Taco Meat, Vegetarian Beans, Fruit	WG Pollock (Fish) Tacos, WG Tortilla, Coleslaw, Fruit	Shredded BBQ Chicken or Chicken Patty, WG Bun, Veggie, Fruit	*Pasta Salad, Diced Turkey, Ham or Chicken, Bell Peppers, Fruit	Meatball & Marinara Sub WG Bun Fruit, Vegetable
	Snack	WG Crackers, Fresh Veggie, Dip	Yogurt & Berries	Fresh Fruit & Cottage Cheese	Teddy Grahams or Graham Crackers, Milk	WG Pita, Fresh Veggie, Tzatziki or Hummus
Week 1	Breakfast	Turkey Sausage or Ham Patty on WG Biscuit, Fruit oVeggie 15	Egg Breakfast WG Sandwich, WG Bread Choice, Fruit 16	WG Bagel, Sunbutter, Fruit or Veggie 17	Build My Own Parfait Yogurt, Berries & WG Cereal 18	WG French Toast Sticks, Sunbutter/Yogurt Dip, Fruit 19
	Lunch	WG Grilled Chicken Choice, Pasta Salad Choice, Veggie, Fruit	*Hoagie Sandwich, Deli Meat, Cheese, WG Hot Dog Bun, Lettuce, Tomato	*Potato Boats or Mashed Potatoes, Diced Meat Choice, Cheese, WG Bread, Green Veggie	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	Naan or Pita, Fresh Veggie, Dip	Fruit & Cheese	WG Bagel, Veggie Sticks (Jicama, Cucumber or Kohlrabi)	WG Crackers & Milk
Week 2	Breakfast	WG Waffle or Pancakes, Yogurt, Berries 22	WG Cereal, Meat/Meat Alternate (extra), Fruit 23	Ham or Sausage Patty, WG Biscuit, Fruit 24	Eggs, WG Bread Choice, Veggie 25	WG Turkey Sausage Breakfast Pizza, Veggie or Fruit 26
	Lunch	Meatloaf, WG Breadstick or Roll, Potatoes, Green Veggie	Frittata or Egg Choice, WG Bread, Veggie, Fresh or Frozen Berries	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	Mango or Papaya & WG Crackers	Cheese & WG Crackers	Sunbutter on WG Bread Choice	Fruit or Veggie & WG Soft Pretzel Honey Mustard or Dip	WG Cracker or Chex Mix & Milk
Week 3	Breakfast	WG Bagel or English Muffin, Sunbutter Fruit or Veggie 29	WG Cereal, Ham or Turkey Sausage Patty, Fruit 30			
	Lunch	Grilled Chicken, WG Bread or Grain. Leafy Green Choice, Fruit	*Pizza Burger, Beef Crumble, WG Hamburger Bun, Veggie, Fruit			
	Snack	WG Crackers, Black Beans & Salsa Dip	Fresh Fruit, Fresh Veggie, 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)** Two veggies may be served at lunch in place of a veggie and fruit. **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**