



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Week 4			WG Pancakes & Yogurt or Sunbutter, Fruit 1	Croissant or WG Bread Choice, Cheese, Veggie 2
Lunch				*Hoagie Sandwich, Ham/Turkey, Cheese, WG Roll or Bun, Lettuce, Tomato, Fruit	Meatballs, Basil Pesto or Marinara Sauce, WG Bread or Pasta, Fruit, Green Veggie
Snack				Pick Two: Fruit, Veggie, Meat/ Meat Alternate, Milk, Bread/Grain	Naan or Pita, Sunbutter
Breakfast	Week 1	WG Waffle or Pancakes, Yogurt, Berries 5	Egg Breakfast WG Sandwich, WG Bread Choice, Fruit 6	Build My Own Parfait Yogurt, Berries & WG Cereal 8	WG French Toast Sticks, Sunbutter & Yogurt Dip, Fruit 9
Lunch		Meatloaf or Meat Choice, WG Breadstick or Roll, Sweet Potatoes, Green Veggie	*Chicken & Vegetable Soup Chicken, WG Bun, Mirepoix Veggie Blend, Fruit or two veggies	Pizza (WG English Muffin, Pizza Crust or WG Tortilla), Meat Topping Choice, Cheese, Veggie, Fruit	*Chicken, WG Biscuits & Gravy, Veggie Blend, Fruit
Snack		Mango or Papaya & WG Crackers	Fruit or Veggie & WG Soft Pretzel or Breadstick, Honey Mustard or Dip	Veggie Sticks (Jicama, Cucumber or Kohlrabi), Hummus	WG Crackers & Milk
Breakfast	Week 2	12	WG Cereal, Meat/Meat Alternate Choice, Fruit 13	Ham or Turkey Sausage Patty, WG Biscuit, Fruit 14	WG Bread Choice, Meat/Meat Alternate, Fruit 16
Lunch		New Horizon Academy Closed	Frittata or Egg Choice, WG Bread, Veggie, Fresh or Frozen Berries	Fish Sticks, Tuna (ID), WG Tortilla, Fruit, Green Veggie	*Veracruz Bean WG Tortilla Vegetarian Beans Choice, Cheese, Veggie, Fruit
Snack			Cheese & Fruit	Naan or Pita, Fresh Veggie, Dip	WG Crackers or Chex Mix & Milk
Breakfast	Week 3	WG Bagel or English Muffin, Sunbutter Fruit or Veggie 19	WG Cereal, Ham or Turkey Sausage Patty, Fruit 20	WG French Toast, Meat/Meat Alternate Choice, Fruit 21	WG Bread Choice, Meat/Meat Alternate Choice, 22
Lunch		*Sunny Lemon Chicken, WG Bread or Grain. Leafy Green Choice, Fruit	*Pizza Burger, Ground Beef or Turkey Crumble, WG Hamburger Bun, Veggie, Fruit	*Baked Bean Chili Mac Ground Beef Crumble, Baked Beans, WG Noodles, Vegetable, Fruit	*Chicken & WG Penne Alfredo Fruit, Veggie or two veggies
Snack		WG Crackers, Black Beans & Salsa Dip	Fresh Fruit, Fresh Veggie, Dip	WG Breadstick or Soft Pretzel & Milk	Yogurt, WG Cereal
Breakfast	Week 4	WG French Toast, Yogurt & Sunbutter Dip, Fruit 26	Eggs, WG Bread Choice, Potato Choice 27	WG Cereal, Meat/Meat Alternate Choice, Fruit 28	WG Pancakes & Yogurt or Sunbutter, Fruit 29
Lunch		Macaroni & Cheese & Diced Ham, Green Veggie, Fruit	Fish Tacos, Tuna (ID)WG Tortilla, Coleslaw, Fruit	Shredded Chicken or Chicken Carnitas, WG Bun, Veggie, Fruit	*Hoagie Sandwich, Ham/Turkey, Cheese, WG Roll or Bun, Lettuce, Tomato, Fruit
Snack		WG Crackers, Fresh Veggie, Dip	Yogurt or Cottage Cheese & Berries	Fresh Fruit & Cheese	Pick Two: Fruit, Veggie, Meat/ Meat Alternate, Milk, Bread/Grain
					Croissant or WG Bread Choice, Cheese, Veggie 30
					Meatballs, Basil Pesto or Marinara Sauce, WG Bread or Pasta, Fruit, Green Veggie
					Naan or Pita, Sunbutter

MEAL STANDARD GUIDELINES: Milk is served with every breakfast and lunch. Ages 12-24 months & mixed age toddler rooms (with two-year-olds) may be served whole milk. Ages 2+ are served skim. **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 Meat or Meat alternate as an extra component to provide additional protein which exceeds the USDA meal pattern requirements. * Recipe Available for Kitchen Managers