



	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	Week 4						WG Pancakes & Yogurt or Sunbutter, Fruit 1		Croissant or WG Bread Choice, Cheese, Veggie 2	
Lunch							*Chicken, WG Biscuits & Gravy, Veggie Blend, Fruit		Meatballs & Spiral Zucchini, Marinara Sauce, WG Bread, Fruit	
Snack							WG Crackers, Cheese		WG Pita, Fresh Veggie, Tzatziki or Hummus	
Breakfast	Week 1	WG Waffle or Pancakes, Yogurt, Berries 5	Egg Breakfast WG Sandwich, WG Bread Choice, Fruit 6	WG Bagel, Sunbutter, Fruit or Veggie 7	Build My Own Parfait Yogurt, Berries & WG Cereal 8	WG French Toast Sticks, Sunbutter & Yogurt Dip, Fruit 9				
Lunch		Meatloaf, WG Breadstick or Roll, Sweet Potatoes, Green Veggie	*Chicken & Vegetable Soup Chicken, WG Bun, Mirepoix Veggie Blend, Fruit	*Potato Boats or Mashed Potatoes, Meat Choice, Cheese, WG Bread, Green Veggie	Pizza (WG English Muffin, Pizza Crust or WG Tortilla), Meat Topping Choice, Cheese, Veggie, Fruit	Sunny Lemon Chicken WG Bread or Noodles, Veggie, Fruit				
Snack		Mango or Papaya & WG Crackers	Naan or Pita, Fresh Veggie, Dip	Fruit & Cheese	WG Bagel, Veggie Sticks (Jicama, Cucumber or Kohlrabi)	WG Crackers & Milk				
Breakfast	Week 2	12	WG Cereal, Meat/Meat Alternate Choice, Fruit 13	Ham or Turkey Sausage Patty, WG Biscuit, Fruit 14	Eggs, WG Bread Choice, Veggie 15	WG Turkey Sausage Breakfast Pizza, Veggie or Fruit 16				
Lunch		New Horizon Academy Closed	Frittata or Egg Choice, WG Bread, Veggie, Fresh or Frozen Berries	Ham & Cheese Sliders, WG Bun. Fruit, Veggie	WG Pollock (Fish),WG Bun, Green Veggie, Lettuce, Fruit	*Veracruz Bean WG Tortillas Sausage/Beef Crumble, Vegetarian Beans, Cheese, Veggie, Fruit				
Snack			Cheese & WG Crackers	Sunbutter on WG Bread Choice	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 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, Fruit 22	Eggs, WG Bread Choice, Veggie 23				
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	Hamburger Patty, WG Bun, Tomato, Lettuce, Beans				
Snack		WG Crackers, Black Beans & Salsa Dip	Fresh Fruit, Fresh Veggie, Dip	WG Breadstick or Soft Pretzel & Milk	Yogurt, WG Cereal	WG Buttermilk Biscuit, Cheese				
Breakfast	Week 4	WG French Toast, Yogurt & Sunbutter Dip, Fruit 26	Eggs, WG English Muffin or WG Bagel, Potato Choice 27	WG Cereal, Meat/Meat Alternate Choice, Fruit 28	WG Pancakes & Yogurt or Sunbutter, Fruit 29	Croissant or WG Bread Choice, Cheese, Veggie 30				
Lunch		* Fiesta Macaroni & Cheese, Ground Taco Meat or Diced Ham, Vegetarian Beans, Fruit	WG Pollock Tacos, WG Tortilla, Coleslaw, Fruit	Shredded BBQ Chicken or Chicken Patty, WG Bun, Veggie, Fruit	*Chicken, WG Biscuits & Gravy, Veggie Blend, Fruit	Meatballs & Spiral Zucchini, Marinara Sauce, WG Bread, Fruit				
Snack		WG Crackers, Fresh Veggie, Dip	Yogurt & Berries	Fresh Fruit & Cottage Cheese	WG Crackers, Cheese	WG Pita, Fresh Veggie, Tzatziki or Hummus				

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 a meat/meat alternate as an **extra** component to provide additional protein which exceeds the USDA meal pattern requirements. * **Recipe Available for Kitchen Managers**