

Monthly

menu

Menu subject to change.

NEW HORIZON ACADEMY • MAY MENU

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W5	30	1	2	3	4
Breakfast	Cereal & Fruit	Muffin & Fruit	Waffle & Fruit	Scrambled Eggs, Toast & Fruit	Hot Cereal & Fruit
Lunch	Baked Tator Tot Hotdish, Mixed Veggies, Peaches, Bread	Turkey a la King with Pasta, Broccoli, Chipped Apples	Spanish Rice with Ground Beef, Cheese, Corn, Pineapple	Meatball Sub Sandwich with Cheese, Peas, Pears	Sweet & Sour Chicken Over Rice, Carrots, Mixed Fruit
Snack	String Cheese with Crackers & Fruit Juice	Goldfish Crackers and Yogurt & Milk	Apple Slices with Cinnamon & Milk	Fresh Fruit & Milk	Fresh Veggies with Dip & Milk
W1	7	8	9	10	11
Breakfast	Cereal & Fruit	Hot Cereal & Fruit	Waffle & Fruit	Scrambled Eggs, Toast & Fruit	Bagel with Cream Cheese & Fruit
Lunch	Fish Sandwich with Cheese, Peas, Pears	Chicken O's Nuggets, Carrots, Pineapple, Roll	Sloppy Joe on Bun, Baked Sweet Potato Fries, Fresh Fruit	Chicken Burrito with Beans, Cheese, Lettuce, Salsa, Peas	Tuna or Turkey Noodle Casserole, Peas, Peaches
Snack	Rosy Applesauce & Milk	Teddy Grahams & Milk	Cracker Choice with Cheese & Juice	Fresh Veggies with Dip & Milk	Applesauce & Milk
W2	14	15	16	17	18
Breakfast	Pancake & Fruit	Muffin & Fruit	Cereal & Fruit	Egg and Cheese Omelet, Toast, Fruit	Hot Cereal & Fruit
Lunch	Chicken & Rice Casserole, Broccoli, Mixed Fruit	Cheese Tortellini with Meat Sauce, Green Beans, Mandarin Oranges	Fish Fun Shapes, Beets, Peaches, Bread	Ham or Turkey and Cheese Sandwich, Tomato Soup, Lettuce, Pineapple	Mulligan Stew with Meatballs, Diced Potatoes, Carrots, Bread, Peas
Snack	Animal Crackers and Yogurt & Juice	Goldfish Crackers & Juice	Fresh Fruit & Milk	Baked Rice Cakes & Juice	Baked Pretzels & Milk
W3	21	22	23	24	25
Breakfast	Egg Patty, Cheese, English Muffin & Fruit	Cereal & Fruit	Muffin & Fruit	French Toast & Fruit	Bagel with Cream Cheese and Fruit
Lunch	Soft Shell Beef and Cheese Taco with Fixings, Lettuce, Corn, Pineapple	Diced Ham and Au Gratin Potatoes, Broccoli, Peas, Bread	Grilled Chicken Patty on Bun, Beets, Peaches	Macaroni & Cheese, Green Beans, Mixed Fruit	Meatloaf, Mashed Potatoes, Peas, Applesauce, Bread
Snack	NutriGrain Bars & Milk	Orange Slices & Milk	Cottage Cheese with Fruit & Juice	Fresh Veggies with Dip & Milk	String Cheese and Crackers & Juice
W4	28	29	30	31	1
Breakfast	Centers Closed!	Hot Cereal & Fruit	Egg Patty, Cheese, English Muffin & Fruit	Muffin & Fruit	French Toast & Fruit
Lunch		Baked Spaghetti with Meat Sauce, Green Beans, Peaches, & Garlic Toast	Chicken & Gravy with Mashed Potatoes, Mixed Veggies, Peas & Bread	Hamburger Patty on Bun with Fixings, Carrots, Mixed Fruit	Cheese Pizza, Lettuce Salad with Dressing, Mandarin Oranges
Snack		Fruit and Yogurt & Juice	Crackers and Cheese & Juice	Tortilla Roll-Up with Dip & Milk	Animal Crackers & Milk

Milk is served at breakfast and lunch.

Nutritional & Other

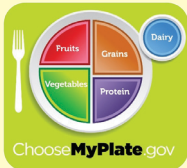
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New Horizon Academy is Committed to Proper Nutrition

At New Horizon Academy we know nutrition is an important part of a child's growing years. That is why we only serve whole wheat and whole grain items (every bread, pasta, cereal, and cracker you see on this menu) when possible, as well as cereal that is high in fiber and the freshest items available.

We serve a variety of fruits and vegetables and Kemp's Select, hormone-free milk, with each meal (toddlers are served whole milk, preschoolers and school-agers are served skim milk). Additionally, only 100% juice is served and water is available throughout the day. Age-appropriate portion sizes are provided at each meal and we follow the USDA's MyPlate



recommendations for portion sizes. Meals are served in a combination of pre-plated and family style, with an emphasis on self-serving at developmentally appropriate ages. New Horizon Academy's menu meets the Child and Adult Care Food Program (CACFP) meal standards for children.

Farm2NHA connects our centers with locally grown food, or food raised by family farmers, for the mutual benefit of our children, farmers, and communities.

We have recently partnered with the Institute for Agriculture and Trade Policy (IATP) to enhance our current menu and curriculum. With the support of the folks at the Institute for Agriculture and Trade Policy (IATP) we will help promote healthy eating habits and offer important learning opportunities for children during snack and mealtime. Plus, we will support neighboring small and mid-sized farmers.

The program will include fresh, healthy menu items, school gardens, classroom curriculum, interaction with nearby farmers, and community involvement.

 Look for this symbol for all of our locally grown selections. Locally grown items are subject to availability.

Healthy Recipe to Enjoy

Follow this recipe to create a meal that will appeal to your whole family! One that your kids will actually eat!

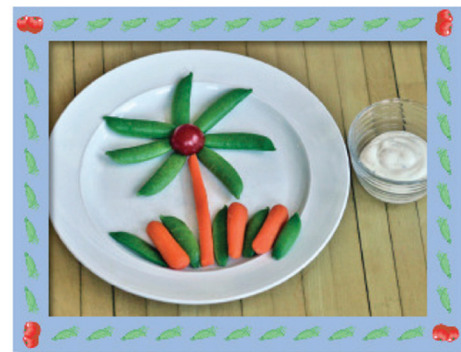
VEGETABLE FLOWERS

INGREDIENTS:

- 5 cups sugar snap peas
- 1 cup cherry tomatoes
- 3 cups carrot sticks
- 2 cups ranch dressing

SUPPLIES:

- large bowl
- 2 small bowls
- paper plates
- napkins



DIRECTIONS:

1. Invite the children to wash their hands and come to the table for a cooking activity.
2. Ask the children to pass around the vegetables and create their own "flower", using vegetables available to them.
3. Offer the children some dip to go with the flower.
4. Eat and enjoy!

FUN FACT!

We are eating 900% more broccoli than we did 20 years ago.