

Monthly

menu

Menu subject to change.

NEW HORIZON ACADEMY • JANUARY MENU

| MEAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|--|--|--|
| W3 | 2 | 3 | 4 | 5 | 6 |
| Breakfast | | Cereal & Fruit | Muffin & Fruit | French Toast & Fruit | Bagel with Cream Cheese & Fruit |
| Lunch | Centers Closed! | Diced Ham & Au Gratin Potatoes, Broccoli, Pears, Bread | Grilled Chicken Patty on Bun, Beets, Peaches | Macaroni & Cheese, Green Beans, Mixed Fruit | Meatloaf, Mashed Potatoes, Peas, Applesauce, Bread |
| Snack | | Orange Slices, Crackers & Milk | Cottage Cheese with Diced Fruit & Fruit Juice | Fresh Veggies with Dip & Fruit Juice | String Cheese and Crackers & Fruit Juice |
| W4 | 9 | 10 | 11 | 12 | 13 |
| Breakfast | Pancakes & Fruit | Hot Cereal & Fruit | Egg Patty, Cheese, English Muffin & Fruit | Muffin & Fruit | French Toast & Fruit |
| Lunch | BBQ Pork or Chicken Sandwich on Bun, Broccoli, Chipped Apples | Baked Spaghetti with Meat Sauce, Green Beans, Peaches & Garlic Toast | Chicken & Gravy with Mashed Potatoes, Mixed Veggies, Pears & Bread | Hamburger Patty on Bun with Fixings, Carrots, Mixed Fruit | Cheese Pizza, Lettuce Salad with Dressing, Mandarin Oranges |
| Snack | Fresh Veggies with Dip & Fruit Juice | Fruit and Yogurt & Fruit Juice | Crackers and Cheese & Fruit Juice | Tortilla Roll-Up with Dip & Milk | Animal Crackers & Milk |
| W5 | 16 | 17 | 18 | 19 | 20 |
| 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 and Sour Chicken Over Rice, Carrots, Mixed Fruit |
| Snack | String Cheese, Crackers & Fruit Juice | Goldfish Crackers & Yogurt & Milk | Apple Slices with Cinnamon & Milk | Fresh Fruit & Milk | Fresh Veggies with Dip & Fruit Juice |
| W1 | 23 | 24 | 25 | 26 | 27 |
| 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 & Fruit Juice | Fresh Veggies with Dip & Fruit Juice | Applesauce & Milk |
| W2 | 30 | 31 | 1 | 2 | 3 |
| Breakfast | Pancake & Fruit | Muffin & Fruit | Cereal & Fruit | Egg & 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 & Fruit Juice | Goldfish Crackers & Fruit Juice | Fresh Fruit & Milk | Baked Rice Cakes & Fruit Juice | Baked Pretzels & Milk |

Milk is served at breakfast and lunch.

Nutritional & Other

info

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.



From Farm to New Horizon Academy.

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 Farm2School program to enhance our current menu and curriculum. With the support of the folks at Farm2School 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. We are working with our Farm2School partners to outline a plan of implementation. We will begin with a pilot program of centers and then introduce the program in all of our centers. Soon we will include locally grown food on our menus. Watch here for the latest updates on the development of the New Horizon Academy Farm2School program.



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



As bell peppers ripen, their color changes from green to red and become sweeter. And red peppers have nine times as much beta carotene than green peppers.

Wellness Tip: Get Up and Go Activities

New Horizon Academy is committed to helping families lead healthy and active lives. We will provide you with quick hints and tips to support your family. Each month we will share recipes, nutrition ideas, or wellness activities for you and your family.

Have a snowball throwing contest! Make a target by creating a bright circle in the snow with colored water in a squirt bottle. Try to throw snowballs into the circle.

