



# NEW HORIZON ACADEMY MENU

## SEPTEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/29/11	08/30/11	08/31/11	09/01/11	09/02/11
B: Cereal and Fruit  L: Baked Tator Tot Hotdish, Mixed Veggies, Peaches, Bread  S: String Cheese with Crackers	B: Muffin and Fruit  L: Italian Pasta Salad with Turkey and Cheese, Fresh Pea Pods, Apples  S: Goldfish Crackers and Yogurt	B: Waffle and Fruit  L: Spanish Rice with Ground Beef, Cheese, Corn, Pineapple  S: Apple Slices	B: Scrambled Eggs, Toast, Fruit  L: Meatball Sub Sandwich with Cheese, Peas, Pears  S: Fresh Fruit	B: Hot Cereal and Fruit  L: Sweet and Sour Chicken Over Rice, Carrots, Mixed Fruit  S: Fresh Veggies With Dip
09/05/11	09/06/11	09/07/11	09/08/11	09/09/11
<b>CENTERS CLOSED LABOR DAY</b>	B: Hot Cereal and Fruit  L: Chicken O's Nuggets, Carrots, Pineapple, Roll  S: Teddy Grahams	B: Waffle and Fruit  L: Sloppy Joe on Bun, Baked Sweet Potato Fries, Fresh Fruit  S: Cracker Choice with Cheese	B: Scrambled Eggs, Toast, Fruit  L: Chicken Burrito with Beans, Cheese, Lettuce, Salsa, Pears  S: Fresh Veggies with Dip	B: Bagel with Cream Cheese and Fruit  L: Tuna or Chicken Noodle Casserole, Peas, Peaches  S: Rosy Applesauce
09/12/11	09/13/11	09/14/11	09/15/11	09/16/11
B: Pancake and Fruit  L: Chicken & Rice Casserole, Broccoli, Mixed Fruit  S: Animal Crackers and Yogurt	B: Muffin and Fruit  L: Cheese Tortellini with Meat Sauce, Green Beans, Mandarin Oranges  S: Goldfish Crackers	B: Cereal and Fruit  L: Fish Fun Shapes, Beets, Peaches, Bread  S: Fresh Fruit	B: Egg and Cheese Omelet, Toast, and Fruit  L: Ham and Cheese Sandwich, Tomato Soup, Lettuce Salad with Dressing, Pineapple  S: Baked Rice Cakes	B: Hot Cereal and Fruit  L: Mulligan Stew with Meatballs, Diced Potatoes, Carrots, Bread, Pears  S: Baked Pretzels
09/19/11	09/20/11	09/21/11	09/22/11	09/23/11
B: Egg Patty, Cheese, English Muffin, Fruit  L: Soft Shell Beef and Cheese Taco with Fixings, Lettuce, Corn, Pineapple  S: NutriGrain Bars	B: Cereal and Fruit  L: Diced Ham and Au Gratin Potatoes, Broccoli, Pears, Bread  S: Orange Slices	B: Muffin and Fruit  L: Grilled Chicken Patty on Bun, Beets, Peaches  S: Cottage Cheese with Fruit	B: French Toast and Fruit  L: Macaroni & Cheese, Green Beans, Mixed Fruit  S: Fresh Veggies with Dip	B: Bagel with Cream Cheese and Fruit  L: Meatloaf, Mashed Potatoes, Peas, Applesauce, Bread  S: String Cheese and Crackers
09/26/11	09/27/11	09/28/11	09/29/11	09/30/11
B: Pancakes and Fruit  L: BBQ Pork or Chicken Sandwich on Bun, Broccoli, Chipped Apples  S: Fresh Veggies and Dip	B: Hot Cereal and Fruit  L: Baked Spaghetti with Meat Sauce, Green Beans, Peaches, Garlic Toast  S: Fruit and Yogurt	B: Egg Patty, Cheese, English Muffin, Fruit  L: Chicken and Gravy with Mashed Potatoes, Mixed Veggies, Pears, Bread  S: Crackers and Cheese	B: Muffin and Fruit  L: Hamburger Patty on Bun with Fixings, Carrots, Mixed Fruit  S: Tortilla Roll Up with Dip	B: French Toast and Fruit  L: Cheese Pizza, Lettuce Salad with Dressing, Mandarin Oranges  S: Animal Crackers

**B = Breakfast**

**L = Lunch**

**S = Snack**

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), 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 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.**