



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Breakfast Greek Yogurt, Granola, Fruit <b>2</b>	WG French Toast Sticks, Cinnamon Yogurt Dip, Fruit <b>3</b>	WG Bagel, Cream Cheese, Turkey Slice, Fruit <b>4</b>	WG Cereal, Fruit <b>5</b>	Eggs, Fruit <b>6</b>
	Lunch <b>Grilled Chicken on WG Bun</b> Fresh Spinach, Fruit, V- Cheese	<b>WG Egg &amp; Cheese English Muffin Sandwich</b> Vegetable, Fruit V-Same	<b>Chicken &amp; Orange Sauce</b> Brown Rice Quinoa, Snap Peas, Fruit V- Tofu	<b>Meatloaf &amp; BBQ Sauce</b> Fresh Veggie, Fruit, WG Roll V- Veggie Burger	<b>Baked Bean &amp; Beef Chili</b> WG Roll, Fruit, Veggie V- Baked Beans
	Snack Naan, Hummus	Tropical Dragon Fruit, WG Sweet Potato Crackers	<b>Pick Up Kix</b> Apples, Sunbutter, Kix	String cheese & Applesauce	Teddy Grahams & Greek Yogurt
Week 4	Breakfast Sausage Patty ,WG Bread, Fruit <b>9</b>	Eggs, Fruit <b>10</b>	English Muffin, Sunbutter, Fruit <b>11</b>	WG Cereal, Fruit <b>12</b>	Cinnamon French Toast, Cheese Fruit <b>13</b>
	Lunch <b>WG Pasta, Meatballs &amp; Sauce</b> Vegetable, Fruit, V- Meatless Crumble	<b>Pizza Burger</b> Ground Beef, Cheese, WG Bun, Hominy, Fruit V- Meatless Crumble	<b>Chef's Choice</b> Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	<b>Baked Ham, Cheese &amp; Tomato WG Sandwich</b> Fresh Fruit, Vegetable V-Cheese	<b>Asian Chicken &amp; WG Fried Rice</b> Edamame, Corn, Fruit V-Tofu
	Snack WG Chex Mix, Milk	Cheese, Goldfish Crackers	Greek Yogurt & Berries	Crackers, Fresh Fruit	Salsa & Cream Cheese WG Tortilla Roll Up, Veggie Sticks
Week 1	Breakfast Oatmeal, Toppings, Fruit <b>16</b>	Waffles, Sunbutter & Honey Topping, Fruit <b>17</b>	Cinnamon Bread, Greek Yogurt, Fruit <b>18</b>	Eggs, Fruit <b>19</b>	WG Cereal, Fruit <b>20</b>
	Lunch <b>Chicken, Pinto Bean &amp; Brown Rice Burrito Bowl</b> Salsa, Vegetable, Fruit V-Pinto Beans	<b>Mini Ravioli w/Pasta Sauce</b> , Cheese, WG Breadstick, Fruit, Vegetable V-Same	<b>WG English Muffin Cheese &amp; Veggie Pizza</b> , Carrot Sticks, Fruit V- Same	<b>Thai Chicken w/WG Noodles</b> Vegetable Blend Fruit V- Tofu	<b>Beef Picadillo w/ Brown Rice Quinoa</b> , Vegetable, Fruit V- Meatless Crumble
	Snack WG Tortilla Taco Cream Cheese Roll up, Milk	Ham on Roll	Cottage Cheese & Pears	Graham Crackers, Milk	Pita Triangles, Veggie Sticks, Hummus
Week 2	Breakfast WG Pancakes, Sunbutter, Fruit <b>23</b>	Greek Yogurt, Granola, Berries <b>24</b>	WG Cereal, Fruit <b>25</b>	Hard Cooked Eggs, Fruit <b>26</b>	Turkey Sausage, WG Bread, Fruit <b>27</b>
	Lunch <b>Fajitas</b> Chicken Strips, Fajita Vegetable Blend WG Tortilla, Fruit V- Tofu	<b>WG Mac N' Cheese &amp; Ham</b> WG Roll, Broccoli Fruit V- Meatless Crumble	<b>Chef's Choice</b> Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain	<b>Grilled Chicken Strips</b> WG Roll, Vegetable, Fruit V- Cottage Cheese	<b>Bean &amp; Cheese Quesadilla</b> WG Tortilla, Fruit, Veggie, V- Same
	Snack WG Cereal, Fruit	Cheese, Crackers	WG Soft Pretzel, Honey Mustard Dip, Fresh Veggie	Turkey WG Sandwich	Mango, WG Black Bean Crackers
Week 3	Breakfast <b>30</b>	WG French Toast Sticks, Cinnamon Yogurt Dip, Fruit <b>31</b>			
	Lunch Center Closed	<b>WG Egg &amp; Cheese English Muffin Sandwich</b> Vegetable, Fruit V-Same			
	Snack	Tropical Dragon Fruit, WG Sweet Potato Crackers			

**MEAL STANDARD GUIDELINES:** Milk is served with breakfast and lunch. Ages 12-23 months are served whole milk. Ages 2 and older are served skim milk.

**Whole grain and lower sugar cereals exclusively served:** Cheerios, Chex, Life, Corn Flakes, Kix, Toasty O's **Fruits and vegetables:** Fresh/frozen, canned (no sugar added)

**Raw, hard vegetables:** steamed or substituted for infants/toddlers **Yogurt:** Less than 23 grams of total sugar per 6 ounces **Water:** Offered and available throughout the day

**WG=Whole Grain (served 2-3 meals/day) V=Vegetarian for children that practice exclusively vegetarian \*Menu is subject to change**