



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit <b>1</b>	WG Cereal, Fruit <b>2</b>
Lunch				<b>Diced Chicken &amp; Vegetable Soup</b> Add'l Vegetable, Fruit, WG Roll	<b>California Cheeseburger on WG Bun</b> Tomato, Lettuce, Fruit V- Veggie Burger
Snack				V- Cheese Sandwich  Snap Peas & Blueberry Lemon Crispy Bites	Pita Bread Chips, Hummus, Veggie Sticks
Breakfast	Melted Cheese Tostada, Mango Peach Salsa <b>5</b>	Greek Yogurt, Granola, Berries <b>6</b>	WG Cereal, Fruit <b>7</b>	Hard Cooked Eggs, Fruit <b>8</b>	WG Turkey Sausage Breakfast Pizza, Fruit <b>9</b>
Lunch	<b>WG Pasta, Meatballs &amp; Pasta Sauce</b> Fresh Veggie, Pineapple	<b>Baked Bean &amp; Ground Beef Chili</b> WG Breadstick, Vegetable, Fruit	<b>Chef's Choice</b> Meat/Meat Alternate, Veggie, Fruit,	<b>Hoagie</b> Cheese & Fresh Spinach, WG Hot Dog Bun, Greek Yogurt,	<b>Chicken &amp; Refried Bean Chalupas</b> Corn Tortilla, Vegetable, Fruit
Snack	V- Veggie Meatballs  WG Berry Graham Crackers, Fresh Fruit	V- Baked Beans  Tropical Dragon Fruit, Cauliflower	WG Bread/Grain  WG Tortilla & Ham Slice	Fresh Fruit V-Same  Crackers & Milk	V- Cheese  String cheese & Carrot Sticks
Breakfast	Oatmeal & Toppings, Fruit <b>12</b>	WG Blueberry Muffin, Greek Yogurt, Fruit <b>13</b>	WG Bagel, Cream Cheese, Fruit <b>14</b>	WG French Toast Sticks, Cottage Cheese, Fruit <b>15</b>	Eggs, Fruit <b>16</b>
Lunch	<b>Grilled Chicken Nuggets or Strips</b> WG Roll, Sweet Potato Veggie Bend, Fruit, V- Sunbutter Sandwich	<b>Santa Fe Burrito</b> WG Tortilla, Brown Rice, Vegetarian Beans, Cheese, Salsa	<b>Mac N Cheese &amp; Diced Turkey</b> Green Chickpeas, Fruit	<b>Chicken &amp; Arroz Con Queso (Rice w/Cheese)</b> Pinto Beans, Corn Fruit V - Tofu	<b>Veggie Burger</b> WG Bun, Lettuce, Tomato, Fruit V- Same
Snack	V- Same  WG Black Bean Crackers & Milk	Veggie & Fruit V- Same  WG Soft Baked Pretzels, Honey Mustard Dip, Cucumbers	V- Cheese  Naan, Jicama Sticks, Tzatziki Dip	V- Tofu  Hawaiian Roll & Pineapple	V- Same  <b>Pick Up Kix</b> Apples, Sunbutter, Kix Cereal
Breakfast	Sausage Patty, WG Bread, Fruit <b>19</b>	Egg & Salsa Tortilla Wrap, Fruit <b>20</b>	WG Cereal, Fruit <b>21</b>	Eggs, Fruit <b>22</b>	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit <b>23</b>
Lunch	<b>WG Mini Ravioli &amp; Pasta Sauce</b> Cottage Cheese, Parm Cheese, Fruit, Veggie V- Same	<b>Diced Turkey Mashed Potato Bowl</b> Broccoli, WG Roll, Fruit V-Tofu	<b>Chef's Choice</b> Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	<b>Chicken Penne &amp; Alfredo Sauce</b> Diced Chicken, WG Penne, Peas, Fruit	<b>Hungarian Goulash</b> Beef Crumble, Diced Potatoes, WG Bread Choice, Fruit V- Tofu
Snack	V- Same  WG Chex Mix, Bell Pepper Strips	V- Same  Ranch & Cream Cheese WG Tortilla Roll Up, Milk	V- Cheese  WG Cheez-Its, Fresh Fruit	V- Cheese  Mango, WG Sweet Potato Crackers	V- Tofu  Greek Yogurt & Mandarin Oranges
Breakfast	<b>Center Closed</b> <b>26</b>	WG Tortilla, Sunbutter, Banana & Cheerio Wrap <b>27</b>	WG Cereal, Fruit <b>28</b>	WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit <b>29</b>	WG Sandwich Thin, Cream Cheese, Turkey/Ham Slice, Fruit <b>30</b>
Lunch	<b>Center Closed</b>	<b>Italian Dunkers</b> French Bread Pizza, Marinara Sauce	<b>Meatballs in Orange Sauce</b> Green Beans, Roasted Potatoes, WG Roll	<b>Diced Chicken &amp; Vegetable Soup</b> Add'l Vegetable, Fruit, WG Roll	<b>California Cheeseburger on WG Bun</b> Tomato, Lettuce, Fruit V- Veggie Burger
Snack	<b>Center Closed</b>	V- Same  Peaches & Cottage Cheese	V- Veggie Burger  Banana & Sunbutter	V- Cheese Sandwich  Snap Peas & Blueberry Lemon Crispy Bites	V- Veggie  Pita Bread Chips, Hummus, Veggie Sticks

**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**