



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