



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				WG Waffle, Applesauce Topping, Protein Chef Choice	Oatmeal, Topping, Protein Chef Choice, Fruit
Lunch				Vegetable Lasagna, Cheese WG Breadstick, Garden Salad, Fruit V- Same	Grilled Chicken Patty on WG Bun Green Vegetable, Fruit V- Veggie Burger
Snack				Snap Peas & Hard Boiled Egg	Tropical Dragon Fruit, WG Pretzel
Breakfast	Greek Yogurt, Berries	Melted Cheese Tortilla Wrap, Salsa, Fruit	WG Cereal, Protein Chef Choice, Fruit	Hard Cooked Eggs, Fruit	WG Turkey Sausage Pizza, Fruit
Lunch	WG English Muffin Cheese & Bell Pepper Pizza Fruit V- Same	Baked Bean & Ground Beef Chili Bread Choice, Fruit, Veggie V- Additional Baked Beans	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese- Reduced Sodium Ham, Fruit, Green Chickpeas V- Tofu	Chicken WG Penne & Alfredo Sauce Black Eyed Peas, Fesh Fruit V-Cheese
Snack	WG Berry Graham Crackers, Milk	Hummus & WG Breadstick	String cheese & Carrot Sticks	WG Biscuit & Sun Butter	Pita Bread Chips, Cucumber, Tzatziki Dip
Breakfast	WG English Muffin w/Avocado or Hummus Spread, Fruit	WG Cereal, Protein Chef Choice, Fruit	WG Bagel, Cheese Slice, Fruit	WG French Toast Sticks, Protein Chef Choice, Fruit	Scrambled Egg Patty, Fruit
Lunch	Pollock (Fish) Sticks , WG Bun Coleslaw, Fruit, V-Same	Meatballs, Pasta Sauce & Spiral Zucchini Fruit V-Cheese	California Cheeseburger WG Bun, Tomato, Spinach V- Veggie Burger	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu	Potato Choice with Melted Cheese & Vegetarian Beans Choice , Green Vegetable, WG Roll V-Same
Snack	Ritz Crackers, Cottage Cheese	WG Tortilla & Sun Butter Roll Up, Fresh Fruit	Pretzel Goldfish & Cauliflower Or Broccoli	Pick Up Kix Apples, Sun Butter, Kix Cereal	Turkey on WG Bun
Breakfast		Eggs, Fruit	WG Cereal, Protein Chef Choice, Fruit	WG Pancake, Topping, Protein Chef Choice	Ham Patty, WG Biscuit, Fruit
Lunch	NHA Closed Professional Development	Arroz Con Queso (Rice & Cheese) Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	Chicken Salad, Spinach on Croissant Fruit V- Cheese	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain
Snack		WG Chex Mix, Cheese Stick	Gogurt, Fresh Fruit	Sunbutter on WG Bun/Bread	Fresh Veggie, Dip, Oranges
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit	WG Tortilla, Sunbutter, Banana, Cherio Wrap	WG Sandwich Thin, Turkey Sausage Patty , Fruit	WG Waffle, Applesauce Topping, Protein Chef Choice	
Lunch	Grilled Chicken Strips (Low Sodium) Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Sun Butter	Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Colored Cauliflower V-Cheese	Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	Vegetable Lasagna, Cheese WG Breadstick, Additional Vegetable, Fruit	
Snack	WG Black Bean Crackers, Black Beans & Salsa	WG Cheez-its, Mango	Cheese & Fresh Fruit	Snap Peas & Hard-Boiled Egg	

MEAL STANDARD GUIDELINES: Milk is served with every 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 , Wheaties **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