



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Center Closed	Greek Yogurt, Granola, Berries 3	WG Cereal, Fruit 4	Hard Cooked Eggs, Fruit 5	WG Turkey Sausage Breakfast Pizza, Fruit 6
Lunch		Chicken, Waffles & Orange Marmalade Vegetable, Fruit V- Sunbutter	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 V- Cheese
Snack		Tropical Dragon Fruit, Cauliflower	WG Tortilla & Ham Slice	WG Banana Bread & Milk	String cheese & Carrot Sticks
Breakfast	Oatmeal & Toppings, Fruit 9	WG Blueberry Muffin, Greek Yogurt, Fruit 10	WG Bagel, Cream Cheese, Fruit 11	WG French Toast Sticks, Cottage Cheese, Fruit 12	Eggs, Fruit 13
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 Veggie & Fruit V- Same	Mac N Cheese & Ham Broccoli, Fruit V- Cottage Cheese	Chicken & Arroz Con Queso (Rice w/Cheese) Green Chickpeas, Fruit V - Tofu	Veggie Burger WG Bun, Lettuce, Tomato, Fruit V- Same
Snack	WG Black Bean Crackers & Milk	WG Soft Baked Pretzels, Honey Mustard Dip, Cucumbers	Naan, Jicama Sticks, Tzatziki Dip	Hawaiian Roll & Pineapple	Pick Up Kix Apples, Sunbutter, Kix Cereal
Breakfast	Center Closed Martin Luther King Day	Egg, Mango Peach Salsa Tortilla Wrap, Fruit 17	WG Cereal, Fruit 18	Eggs, Fruit 19	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 20
Lunch		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 V- Cheese	Hungarian Goulash Beef Crumble, Diced Potatoes, WG Bread Choice, Fruit V- Tofu
Snack		Ranch & Cream Cheese WG Tortilla Roll Up, Milk	WG Cheez-Its, Fresh Fruit	Mango, WG Sweet Potato Crackers	Greek Yogurt & Mandarin Oranges
Breakfast	Eggs, Fruit 23	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 24	WG Sandwich Thin & Cream Cheese, Turkey/Ham Slice 25	WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit 26	WG Cereal, Fruit 27
Lunch	Pineapple Chicken & WG Rice Fruit, Vegetable V-Tofu	Italian Dunkers French Bread Pizza, Marinara Sauce Fruit, Bell Pepper V- Same	Meatloaf Green Beans, Roasted Potatoes, WG Roll V- Veggie Burger	Diced Chicken & Vegetable Soup Add'l Vegetable, Fruit, WG Roll V- Cheese Sandwich	WG Pollock Fish Taco Coleslaw, Fruit, WG Tortilla V- Same
Snack	Teddy Grahams & Milk	Peaches & Cottage Cheese	Mini Bagel, Sunbutter, Blueberries	Snap Peas & Blueberry Lemon Crispy Bites	Pita Bread Chips, Hummus, Veggie Sticks
Breakfast	Melted Cheese Tostada, Mango Peach Salsa 30	Greek Yogurt, Granola, Berries 31			
Lunch	WG Pasta, Meatballs & Pasta Sauce Fresh Veggie, Pineapple V- Veggie Meatballs	Chicken, Waffles & Orange Marmalade Vegetable, Fruit V- Sunbutter			
Snack	WG Berry Graham Crackers, Fresh Fruit	Tropical Dragon Fruit, Cauliflower			

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