



	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	Week 1	1	WG Tortilla, Sunbutter, Banana & Cheerio Wrap	2	Turkey Sausage Patty, Bread Choice, Fruit	3	WG Waffle, Topping, Chef's Protein Choice, Fruit	4	Oatmeal Toppings, Chef's Protein Choice Fruit	5
Lunch		School Closed		Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Green Vegetable V- Cheese	Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	WG English Muffin Cheese Pizza Vegetable, Fruit V- Same	Red Pozole Stew, Diced Chicken, Tomato Soup Hominy, WG Bread, Fruit V- Tofu			
Snack				Cheese on WG Bun	WG Cheez-Its, Fresh Fruit	Snap Peas & Apple Slices	Hummus, Breadstick			
Breakfast	Week 2	8	Melted Cheese Tortilla Wrap, Salsa, Fruit	9	Greek Yogurt, Berries	10	WG Cereal, Chef's Protein Choice, Fruit	11	Hard Cooked Eggs, Fruit	12
Lunch		Chicken & Refried Bean Burrito, WG Tortilla Vegetable, Fruit V- Cheese		BBQ Shredded Chicken on WG Bun Fruit, Edamame V- Cheese	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	WG Mac N' Cheese & Diced Ham Oranges, Green Chickpeas V- Mac N' Cheese	Meatloaf WG Bun, Potatoes, Fruit V- Cheese			
Snack		WG Mixed Berry Animal Crackers, Applesauce		Tropical Dragon Fruit Mix, WG Cracker	String cheese & Carrot Sticks	WG Blueberry Muffin & Milk	WG Biscuit, Fruit			
Breakfast	Week 3	15	WG Cereal,Chef's Protein Choice Fruit	16	WG Bagel, Cheese Slice, Fruit	17	Scrambled Egg Patty, Fruit	18	WG French Toast Sticks, String Cheese, Fruit	19
Lunch		Martin Luther King Jr. Day School Closed		Ravioli & Pasta Sauce Cheese, Zucchini, Fruit V-Same	California Cheeseburger WG Bun, Lettuce, Tomato, Fruit V- Veggie Burger	Chicken Ranch WG Pita Shredded Lettuce, Tomato, Fruit V- Tofu	Mashed Potato Bowl Diced Turkey Ham, Broccoli Florets, Cheese, WG Roll V-Cheese			
Snack				WG Tortilla & Sunbutter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Dip	Greek Yogurt & Fruit	Pick Up Kix Apples, Sunbutter, Kix Cereal			
Breakfast	Week 4	22	English Muffin w/Melted Cheese, Fruit	23	Scrambled Eggs, Salsa WG Fruit	24	WG Cereal, Chef's Protein Choice, Fruit	25	WG Pancake, Sunbutter, Fruit	26
Lunch		Santa Fe Burrito Bowl Vegetarian Beans, Brown Rice, Cheese, Salsa, Tomato, Fruit V- Same		Arroz Con Queso (Rice & Cheese) Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	Turkey, Cream Cheese, Spinach, WG Tortilla Wrap, Fruit V- Sliced Cheese -Sliced Cheese	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	Hungarian Goulash Ground Beef, Potatoes, WG Roll, Fruit V- Cheese			
Snack		Sliced Ham on WG Bun		Cheese & WG Crackers	Mini Bagel, Cream Cheese, Fresh Fruit	WG Cereal & Milk	Chef's Choice Choose Two: Meat/Meat Alternate, Fruit, Veggie,			
Breakfast	Week 1	29	WG Cereal, Chef's Protein Choice, Fruit	30	WG Tortilla, Sunbutter, Banana & Cheerio Wrap	31				
Lunch		Tuna Salad Boat Hawaiian Bun, Cheese, Fruit, Veggie V- Same		Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Green Vegetable V- Cheese	Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu					
Snack		WG Soft Pretzel, Cheese Cubes		Cheese on WG Bun	WG Cheez-Its, Fresh Fruit					

**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 **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