



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Week 1	1 WG Tortilla, Sunbutter, Banana, Cherrio Wrap	2 WG Sandwich Thin, Turkey Sausage Patty, Fruit	3 WG Waffle, Applesauce Topping, Protein Chef Choice	4 Oatmeal, Topping, Protein Chef Choice, Fruit
Lunch		NHA Closed	Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	Meatloaf WG Bun, Beans, Fruit V- Cheese	Chicken Noodle Soup , Additional Diced Chicken, Green Vegetable, WG Bread, Fruit V- Tofu
Snack		WG Cheez-its, Mango	Cheese on WG Bun	Snap Peas, Dip & Apple Slices	Hummus & WG Breadstick, Milk
Breakfast	Week 2	8 Greek Yogurt, Berries	9 WG Cereal, Protein Chef Choice, Fruit	10 Hard Cooked Eggs, Fruit	11 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
Snack		WG Berry Graham Crackers, Milk	Tropical Dragon Fruit, WG Pretzel	String cheese & Carrot Sticks	WG Biscuit, Sun Butter & Fresh Fruit
Breakfast	Week 3	15 WG Cereal, Protein Chef Choice, Fruit	16 WG Bagel, Cheese Slice, Fruit	17 WG French Toast Sticks, Protein Chef Choice, Fruit	18 Scrambled Egg Patty, Fruit
Lunch		NHA Closed Martin Luther King Jr. Day	WG Pasta & Meatballs Fresh Veggie, Fruit V-Cheese	California Cheeseburger WG Bun, Tomato, Spinach V- Veggie Burger	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu
Snack		WG Tortilla & Sun Butter Roll Up, Fresh Fruit	Pretzel Goldfish & Cauliflower Or Broccoli	Pick Up Kix Apples, Sun Butter, Kix Cereal	Potato Choice with Melted Cheese & Vegetarian Beans Choice , Green Vegetable, WG Roll V-Same
Breakfast	Week 4	22 WG English Muffin w/Melted Cheese, Fruit	23 Eggs, Fruit	24 WG Cereal, Protein Chef Choice, Fruit	25 WG Pancake, Topping, Protein Chef Choice
Lunch		Pollock (Fish) Sticks , WG Bun Coleslaw, Fruit, V-Same	Arroz Con Queso (Rice & Cheese) Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	Turkey, Cream Cheese, Spinach, WG Tortilla Wrap/Pita , Fruit V- Sliced Cheese	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same
Snack		Ritz Crackers, Cottage Cheese	WG Chex Mix, Cheese Stick	Mini Bagel, Fresh Fruit	Sunbutter on WG Bun/Bread
Breakfast	Week 1	29 Chef's Choice Grain, Meat/Meat Alternate, Fruit	30 WG Tortilla, Sunbutter, Banana, Cherrio Wrap	31 WG Sandwich Thin, Turkey Sausage Patty , Fruit	
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	
Snack		WG Black Bean Crackers, Black Beans & Salsa	WG Cheez-its, Mango	Cheese on WG Bun	

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