



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				WG French Toast Sticks, String Cheese, Fruit <b>1</b>	Scrambled Egg Patty, Fruit <b>2</b>
Lunch				<b>Potato Skin Boats</b> Diced Turkey Ham, Broccoli Florets, Cheese, WG Roll V- Cheese	<b>WG Lasagna Roll Ups &amp; Pasta Sauce</b> Cottage Cheese, Zucchini, Fruit V-Same
Snack				Greek Yogurt & Pineapple	<b>Pick Up Kix</b> Apples, Sunbutter, Kix Cereal
Breakfast	WG English Muffin w/Melted Cheese, Fruit <b>5</b>	Scrambled Eggs, Salsa, WG Tortilla Wrap, Fruit <b>6</b>	WG Cereal, Fruit <b>7</b>	WG Pancake & Sunbutter Roll Up, Fruit <b>8</b>	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit <b>9</b>
Lunch	<b>South American Red Beans &amp; Rice</b> Rice, Kidney Beans, Vegetable, Fruit V-Same	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>Chicken &amp; Berry Salad</b> Shredded Lettuce, Fresh Berries, Garlic Bread V- Tofu	<b>Pollock Tacos (Fish)</b> Coleslaw, Fruit, WG Tortilla V-Same	<b>Chicken Ranch Pita</b> Diced Chicken, Fresh Spinach, Fresh Fruit V- Cheese
Snack	Sliced Ham or Turkey on WG Bun	WG Chex Mix & Cheese Stick	Mini Bagel, Cream Cheese, Fresh Fruit	Fresh Veggie, WG Goldfish Grahams	Greek Yogurt & Mandarin Oranges
Breakfast	Eggs, Fruit <b>12</b>	WG Tortilla, Sunbutter, Banana & Cheerio Wrap <b>13</b>	WG Sandwich Thin, Turkey Sausage Patty, Fruit <b>14</b>	WG Waffle, Cinnamon Applesauce Topping, Fruit <b>15</b>	WG Cereal, Fruit <b>16</b>
Lunch	<b>Italian Dunkers</b> Melted Cheese on WG Bun, Marinara Sauce, Fruit, Colored Cauliflower V-Same	<b>Tuna Salad Boat</b> Hawaiian Bun, Fruit, Veggie V- Same	<b>California Cheeseburger</b> Lettuce, Tomato, WG Bun V-Cheese	<b>Polynesian Pizza</b> WG Pizza Crust, Diced Turkey Ham, Pineapple, Vegetable V- Tofu	<b>Chicken &amp; Refried Bean Chalupas</b> Corn Tortilla, Vegetable, Fruit V- Cheese
Snack	Blueberry Lemon Crispy Bites, Milk	<b>Choose Two:</b> Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	WG Cheez-Its, Mango	Snap Peas & Apple Slices	Hummus & WG Breadstick
Breakfast	Melted Cheese Tostada, Salsa, Fruit <b>19</b>	Greek Yogurt, Berries <b>20</b>	WG Cereal, Fruit <b>21</b>	Hard Cooked Eggs, Fruit <b>22</b>	WG Turkey Sausage Breakfast Pizza, Fruit <b>23</b>
Lunch	<b>Pasta Salad &amp; Diced Turkey</b> Fruit, Vegetable V- Tofu	<b>BBQ Chicken on WG Bun</b> Fruit, Edamame V- Cheese	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>Mac N' Cheese &amp; Diced Ham</b> Oranges, Green Chickpeas V- Mac N' Cheese	<b>Chicken &amp; Arroz Con Queso (Rice w/Cheese)</b> Hominy, Fresh Fruit V- Tofu
Snack	WG Berry Graham Crackers, Applesauce	Tropical Dragon Fruit, WG Cracker	String cheese & Carrot Sticks	WG Muffin & Fruit	Sliced Turkey or Ham on WG Biscuit
Breakfast	<b>Chef's Choice</b> Grain, Meat/Meat Alternate, Fruit <b>26</b>	WG Cereal, Fruit <b>27</b>	WG Bagel, Cheese Slice, Fruit <b>28</b>	WG French Toast Sticks, String Cheese, Fruit <b>29</b>	Scrambled Egg Patty, Fruit <b>30</b>
Lunch	<b>Grilled Chicken Strips</b> , Sweet Potatoes, Fruit, WG Bread Choice V-Sunbutter	<b>Meatball Marinara Sub Sandwich</b> WG Hotdog Bun, Vegetable Blend, Fruit V- Cheese	<b>Fajitas Chicken Strips</b> Fajita Vegetable Blend, WG Tortilla Black Beans WG Tortilla V-Beans	<b>Potato Skin Boats</b> Diced Turkey Ham, Broccoli Florets, Cheese, WG Roll V- Cheese	<b>WG Lasagna Roll Ups &amp; Pasta Sauce</b> Cottage Cheese, Zucchini, Fruit V-Same
Snack	WG Black Bean Crackers & Black Beans w/Salsa	WG Tortilla & Sunbutter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Tzatziki Dip	Greek Yogurt & Pineapple	<b>Pick Up Kix</b> Apples, Sunbutter, Kix Cereal

**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**