



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 2	Breakfast		WG Cereal, Fruit 1	Hard Cooked Eggs, Fruit 2	WG Turkey Sausage Breakfast Pizza, Fruit 3	
	Lunch		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		WG Tortilla & Ham Slice	Crackers & Milk	String cheese & Carrot Sticks	
Week 3	Breakfast	Oatmeal & Toppings, Fruit 6	WG Blueberry Muffin, Greek Yogurt, Fruit 7	WG Bagel, Cream Cheese, Fruit 8	WG French Toast Sticks, Cottage Cheese, Fruit 9	Eggs, Fruit 10
	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 & Diced Turkey Green Chickpeas, Fruit V- Cheese	Chicken & Arroz Con Queso (Rice w/Cheese) Pinto Beans, Corn 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, Carrot Sticks, Hummus	Hawaiian Roll & Pineapple	Pick Up Kix Apples, Sunbutter, Kix Cereal
Week 4	Breakfast	English Muffin, Melted Cheese, Fruit 13	Egg & Salsa Tortilla Wrap, Fruit 14	WG Cereal, Fruit 15	WG Pancake, Sunbutter Roll Up, Fruit 16	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 17
	Lunch	Pineapple Chicken & WG Rice Fruit, Vegetable V-Tofu	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	Crackers & Cheese	Ranch & Cream Cheese WG Tortilla Roll Up, Milk	WG Cheez-Its, Fresh Fruit	Mango, WG Sweet Potato Crackers	Greek Yogurt & Mandarin Oranges
Week 1	Breakfast	Eggs, Fruit 20	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 21	WG Cereal, Fruit 22	WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit 23	WG Turkey Sausage Breakfast Pizza, Fruit 24
	Lunch	Pineapple Chicken & WG Rice Fruit, Vegetable V-Tofu	Italian Dunkers French Bread Pizza, Marinara Sauce Fruit, Bell Pepper V- Same	Meatballs in Orange Sauce Green Beans, Roasted Potatoes, WG Roll V- Veggie Burger	Diced Chicken & Vegetable Soup Add'l Vegetable, Fruit, WG Roll V- Cheese Sandwich	California Cheeseburger on WG Bun Tomato, Lettuce, Fruit V- Veggie Burger
	Snack	Crackers & Cheese	Peaches & Cottage Cheese	Bagel, Cream Cheese, Fruit	Snap Peas & Blueberry Lemon Crispy Bites	Pita Bread Chips, Hummus, Veggie Sticks
Week 2	Breakfast	Melted Cheese Tostada, Mango Peach Salsa 27	Greek Yogurt, Granola, Berries 28	WG Cereal, Fruit 29	Hard Cooked Eggs, Fruit 30	WG Turkey Sausage Breakfast Pizza, Fruit 31
	Lunch	WG Pasta, Meatballs & Pasta Sauce Fresh Veggie, Pineapple V- Veggie Meatballs	Baked Bean & Ground Beef Chili WG Breadstick, Vegetable, Fruit V- Baked Beans	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	WG Berry Graham Crackers, Fresh Fruit	Tropical Dragon Fruit, Cauliflower	WG Tortilla & Ham Slice	Crackers & Milk	String cheese & Carrot Sticks

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