



	Monday	Tuesday	Wednesday	Thursday	Friday
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 Roll, Greek Yogurt, Fresh Fruit V-Same	Chicken & Refried Bean Chalupas Corn Tortilla, Vegetable, Fruit V- Cheese
Snack			Sliced Ham on WG Bun	WG Banana Muffin & Milk	String cheese & Carrot Sticks
Breakfast	Oatmeal & Toppings, Fruit 6	WG Blueberry Muffin, Greek Yogurt, Fruit 7	WG Bagel, Cheese Slice, Fruit 8	WG French Toast Sticks, Cottage Cheese, Fruit 9	Scrambled Egg Patty, Fruit 10
Lunch	Grilled Chicken Nuggets or Strips WG Roll, Sweet Potato Veggie Bend, Fruit V- Sunbutter Sandwich & Yogurt	Santa Fe Burrito WG Tortilla, Brown Rice, Vegetarian Beans, Cheese, Salsa Veggie & Fruit V- Same	Mac N Cheese & Diced Ham Broccoli, Fruit V- Mac N Cheese	Chicken & Arroz Con Queso (Rice w/Cheese) Green Chickpeas, Fruit V - Tofu	WG Lasagna Roll Ups & Pasta Sauce Cottage Cheese, Vegetable, Fruit V- Same
Snack	WG Black Bean Crackers & Black Beans w/Salsa	WG Soft Baked Pretzels, Marinara Dip, Cucumbers	Naan, Parsnip Sticks, Tzatziki Dip	Greek Yogurt & Pineapple	Pick Up Kix Apples, Sunbutter, Kix Cereal
Breakfast	WG English Muffin w/Melted Cheese, Fruit 13	Scrambled Eggs, Salsa, WG Tortilla Wrap, Fruit 14	WG Cereal, Fruit	WG Pancake & Sunbutter Roll Up, Fruit 16	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 17
Lunch	Chef's Choice Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce Fruit, Veggie V- Same	Chicken Penne & Alfredo Sauce Diced Chicken, WG Penne, Edamame, Fruit V-Tofu	Tacos Turkey Taco meat, WG Tortilla, Vegetarian Beans, Lettuce, Cheese, Fruit V-Vegetarian Beans & Cheese	Beef Picadillo Beef Crumble, Brown Rice, Vegetable, Fruit V- Tofu
Snack	Fresh Veggie Sticks, Teddy Grahams	Strawberries & WG Chex Mix	WG Cheez-Its, Fresh Fruit	Mango, WG Sweet Potato Crackers	Greek Yogurt & Mandarin Oranges
Breakfast	Eggs, Fruit 20	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 21	WG Sandwich Thin, Turkey Sausage Patty, Fruit 22	WG Waffle, Cinnamon Applesauce Topping, Fruit 23	WG Cereal, Fruit 24
Lunch	Indian Chicken Grilled Chicken Strips, Butter Chicken Sauce, WG Pasta, Veggie, Fruit V-Cheese	Diced Turkey Mashed Potato & Gravy Bowl Broccoli, WG Roll, Fruit V-Tofu	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 Taco (Fish) Coleslaw, Fruit, WG Tortilla V- Same
Snack	Blueberry Lemon Crispy Bites, Milk	Mini Bagel, Sunbutter, Fresh Fruit	Peaches & Cottage Cheese	Snap Peas & Apple Slices	Pita Bread Chips, Hummus, Veggie Sticks
Breakfast	Melted Cheese Tostada, Salsa, Fruit 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, Fruit V- Cottage Cheese	Chicken Strips, Waffles & Orange Marmalade Vegetable, Fruit V- Sunbutter & Yogurt	Chef's Choice Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain	Hoagie Cheese & Fresh Spinach, WG Roll, 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, WG Chex Mix	Sliced Ham on WG Bun	WG Banana Muffin & 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