



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Breakfast Chef's Choice Grain, Meat/Meat Alternate, Fruit 1	WG Cereal, Fruit 2	WG Bagel, Cheese Slice, Fruit 3	WG French Toast Sticks, String Cheese, Fruit 4	Scrambled Egg Patty, Fruit 5
	Lunch Asian Grilled Chicken Salad Grilled Chicken, Romaine, Mandarin Oranges, WG Breadstick V- Tofu	Meatball Marinara Sub Sandwich WG Hot dog Bun, Peas, Fruit V- Cheese Sandwich	Taco Salad Shredded Romaine, Ground Turkey Taco Filling, Black Beans Salsa, WG Tortilla V-Beans	Potato Skin Boats Diced Turkey Ham, Broccoli Florets, Cheese, WG Roll V- Cheese	WG Lasagna Roll Ups & Pasta Sauce Cottage Cheese, Zucchini, Fruit V-Same
	Snack WG Black Bean Crackers & Black Beans w/Salsa	WG Tortilla, Sunbutter, Fresh Fruit	Naan, Veggie Sticks, Tzatziki Dip	Greek Yogurt & Pineapple	Pick Up Kix Apples, Sunbutter, Kix Cereal
Week 4	Breakfast WG English Muffin w/Melted Cheese, Fruit 8	Scrambled Eggs, Salsa, WG Tortilla Wrap, Fruit 9	WG Cereal, Fruit 10	WG Pancake & Sunbutter Roll Up, Fruit 11	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 12
	Lunch South American Red Beans & Rice Spanish Rice, Kidney Beans, Vegetable, Fruit V-Same	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Chicken & Berry Salad Shredded Romaine, Fresh Berries, Garlic Bread V- Tofu	Pollock Tacos (Fish) Coleslaw, Fruit, WG Tortilla V-Same	Chicken Ranch Pita Diced Chicken, Fresh Spinach, Fresh Fruit V- Cheese
	Snack Sliced Ham on WG Bun	Milk & WG Chex Mix	Mini Bagel, Cream Cheese, Fresh Fruit	Fresh Veggie, WG Goldfish Grahams	Greek Yogurt & Mandarin Oranges
Week 1	Breakfast Eggs, Fruit 15	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 16	WG Sandwich Thin, Turkey Sausage Patty, Fruit 17	WG Waffle, Cinnamon Applesauce Topping, Fruit 18	WG Cereal, Fruit 19
	Lunch Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Colored Cauliflower V-Same	Tuna Salad Boat Hawaiian Bun, Fruit, Veggie V- Same	California Cheeseburger Lettuce, Tomato, WG Bun V-Cheese	Polynesian Pizza WG Pizza Crust, Diced Turkey Ham, Pineapple, Vegetable V- Tofu	Chicken & Refried Bean Chalupas Corn Tortilla, Vegetable, Fruit V- Cheese
	Snack Blueberry Lemon Crispy Bites, Milk	Choose Two: Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	WG Cheez-Its, Fresh Fruit	Snap Peas & Apple Slices w/Cinnamon	Hummus & Shredded Carrot Tortilla Wrap
Week 2	Breakfast Melted Cheese Tostada, Salsa, Fruit 22	Greek Yogurt, Granola, Berries 23	WG Cereal, Fruit 24	Hard Cooked Eggs, Fruit 25	WG Turkey Sausage Breakfast Pizza, Fruit 26
	Lunch Rotini Pasta Salad & Diced Turkey Fruit, Vegetable V- Tofu	BBQ Shredded Chicken on WG Bun Fruit, Edamame V- Cheese	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese & Diced Ham Oranges, Green Chickpeas V- Mac N' Cheese	Chicken & Arroz Con Queso (Rice w/Cheese) Hominy, Fresh Fruit V- Tofu
	Snack WG Berry Graham Crackers, Applesauce	Tropical Dragon Fruit, WG Cracker	String cheese & Carrot Sticks	WG Muffin & Milk	Sliced Turkey on WG Biscuit
Week 3	Breakfast Center Closed 29	WG Cereal, Fruit 30	WG Bagel, Cheese Slice, Fruit 31		
	Lunch	Meatball Marinara Sub Sandwich WG Hotdog Bun, Vegetable Blend, Fruit	Taco Salad Shredded Romaine, Ground Turkey Taco Filling, Black Beans Salsa, WG Tortilla V-Beans		
	Snack	WG Tortilla & Sunbutter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Tzatziki Dip		

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