



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Sausage Patty, WG Bread, Fruit 1	English Muffin & Cream Cheese, Turkey/Ham Slice Fruit 2	WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit 3	WG Cereal, Fruit 4
Lunch		Lasagna Roll Up & Pasta Sauce, Cheese, Fruit, Veggie V-Same	Meatloaf Green Beans, Potatoes, WG Roll V- Veggie Burger	Santa Fe Burrito WG Tortilla, Brown Rice, Vegetarian Beans, Cheese Veggie & Fruit V- Same	Diced Chicken & Brown Rice Curry Casserole Fresh Vegetable, Fruit V-Tofu
Snack		Cottage Cheese & Pears	Sunbutter Sandwich, Blueberries	Snap Peas & Crackers	Pita Bread Chips, Hummus, Veggie Sticks
Breakfast	Melted Cheese Tostada, Fruit 7	Greek Yogurt, Granola, Berries 8	WG Cereal, Fruit 9	Hard Cooked Eggs, Fruit 10	WG Turkey Sausage Breakfast Pizza, 11 Fruit
Lunch	WG Pasta & Meatballs Fresh Veggie, Pineapple V- Veggie Burger	WG Mac N' Cheese with Turkey Ham Fruit, Veggie V- Tofu	Chef's Choice Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain	Chicken & Rice Edamame, Fruit V- Tofu	Black Bean & Cheese Quesadilla WG Tortilla, Fruit, Hominy, V- Same
Snack	Cucumbers & Melon	Tropical Dragon Fruit, WG Sweet Potato Crackers	Graham Crackers, Fresh Fruit	String cheese & Carrot Sticks	Crackers, Fresh Fruit
Breakfast	Oatmeal & Toppings, Fruit 14	WG Blueberry Muffin, Greek Yogurt, 15 Fruit	WG Bagel, Cream Cheese, Fruit 16	WG French Toast Sticks, Cottage Cheese, Fruit 17	Eggs, Fruit 18
Lunch	Grilled Chicken Nuggets or Strips WG Roll, Sweet Potato Veggie Bend, Fruit, V- Sunbutter Sandwich	South American Red Beans & Rice Fruit, Veggie V-Same	Hoagie Cheese & Fresh Spinach, WG Hot Dog Bun, Greek Yogurt, Fresh Fruit V-Same	Chicken, Brown Rice Quinoa with Orange Sauce Green Chickpeas, Pineapple V- Tofu	California Cheeseburger on WG Bun, Tomato, Lettuce, Fruit V- Veggie Burger
Snack	Pick Up Kix Apples, Sunbutter, Kix Cereal	WG Soft Baked Pretzels, Honey Mustard Dip, Fresh Veggie	Naan, Veggie Sticks, Dip	Hawaiian Roll & Ham	WG Crackers & Milk
Breakfast	Sausage Patty, WG Bread, Fruit 21	Eggs, Fruit 22	WG Cereal, Fruit 23	Center Closed	WG Biscuit & Ham Patty Breakfast 25 Sandwich, Fruit
Lunch	Lasagna Roll Up & Pasta Sauce, Cheese, Fruit, Veggie V-Same	Diced Turkey Mashed Potato Bowl Broccoli, WG Roll, Fruit V-Tofu	Chef's Choice Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain		Baked Bean & Ground Beef Chili WG Bread Stick, Vegetable, Fruit V- Baked Beans
Snack	WG Chex Mix, Milk	Ranch & Cream Cheese WG Tortilla Roll Up, Milk	WG Cheez-Its, Fresh Fruit		Greek Yogurt & Apples w/Cinnamon
Breakfast	Eggs, Fruit 28	Sausage Patty, WG Bread, Fruit 29	English Muffin & Cream Cheese, Turkey/Ham Slice Fruit 30		
Lunch	Chicken Penne & Alfredo Sauce Diced Chicken, WG Penne, Peas, Fruit V- Cheese	Lasagna Roll Up & Pasta Sauce, Cheese, Fruit, Veggie V-Same	Meatloaf Green Beans, Potatoes, WG Roll V- Veggie Burger		
Snack	Mango, WG Sweet Potato Crackers	Cottage Cheese & Pears	Sunbutter Sandwich, Blueberries		

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 *Menu is subject to change