



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		WG Tortilla, Sunbutter, Banana & Cheerio Wrap <b>1</b>	WG Sandwich Thin & Cream Cheese, Turkey/Ham Slice Fruit <b>2</b>	WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit <b>3</b>	WG Cereal, Fruit <b>4</b>
Lunch		<b>Italian Dunkers</b> French Bread Pizza, Marinara Sauce Fruit, Bell Pepper V- Same	<b>Meatloaf</b> Green Beans, Roasted Potatoes, WG Roll V- Veggie Burger	<b>Santa Fe Burrito</b> WG Tortilla, Brown Rice, Vegetarian Beans, Cheese <b>Veggie &amp; Fruit V- Same</b>	<b>WG Pollock Fish Taco</b> Coleslaw, Fruit, WG Tortilla V- Same
Snack		Peaches & Cottage Cheese	Mini Bagel, Sunbutter, Blueberries	Snap Peas & Blueberry Lemon Crispy Bites	Pita Bread Chips, Hummus, Veggie Sticks
Breakfast	Melted Cheese Tostada, Fruit <b>7</b>	Greek Yogurt, Granola, Berries <b>8</b>	WG Cereal, Fruit <b>9</b>	Hard Cooked Eggs, Fruit <b>10</b>	WG Turkey Sausage Breakfast Pizza, Fruit <b>11</b>
Lunch	<b>WG Pasta &amp; Meatballs</b> Fresh Veggie, Pineapple V- Veggie Burger	<b>Turkey Fiesta Mac N Cheese</b> Broccoli, Fruit V- Meatless Crumble	<b>Chef's Choice</b> Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain	<b>Asian Chicken WG Fried Rice</b> Diced Chicken, Edamame, Corn, Fruit V- Tofu	<b>Cheesy Bean Tostada</b> Corn Tortillas, Refried Beans & Cheese, Lettuce, Tomato, Fruit V- Same
Snack	Cucumbers & Melon	Tropical Dragon Fruit, Cauliflower, Dip	WG Berry Graham Crackers, Fresh Fruit	String cheese & Carrot Sticks	WG Banana Bread & Milk
Breakfast	Oatmeal & Toppings, Fruit <b>14</b>	WG Blueberry Muffin, Greek Yogurt, Fruit <b>15</b>	WG Bagel, Cream Cheese, Fruit <b>16</b>	WG French Toast Sticks, Cottage Cheese, Fruit <b>17</b>	Eggs, Fruit <b>18</b>
Lunch	<b>Grilled Chicken Nuggets or Strips</b> WG Roll, Sweet Potato Veggie Bend, Fruit, V- Sunbutter Sandwich	<b>South American Red Beans &amp; Rice</b> Fruit, Veggie V-Same	<b>Hoagie</b> Cheese & Fresh Spinach, WG Hot Dog Bun, Greek Yogurt, Fresh Fruit V-Same	<b>Chicken, Brown Rice Quinoa with Orange Sauce</b> Green Chick Peas, Pineapple V- Tofu	<b>California Cheeseburger on WG Bun,</b> Tomato, Lettuce, Fruit V- Veggie Burger
Snack	<b>Pick Up Kix</b> Apples, Sunbutter, Kix Cereal	WG Soft Baked Pretzels, Honey Mustard Dip, Fresh Veggie	Naan, Jicama Sticks, Tzatziki Dip	Hawaiian Roll & Ham	WG Black Bean Crackers & Milk
Breakfast	Sausage Patty, WG Bread, Fruit <b>21</b>	Eggs, Fruit <b>22</b>	WG Cereal, Fruit <b>23</b>	<b>24</b>	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit <b>25</b>
Lunch	<b>WG Mini Ravioli &amp; Pasta Sauce</b> Cottage Cheese, Parm Cheese, Fruit, Veggie V- Same	<b>Diced Turkey Mashed Potato Bowl</b> Broccoli, WG Roll, Fruit V-Tofu	<b>Chef's Choice</b> Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	<b>Center Closed</b>	
Snack	WG Chex Mix, Bell Pepper Strips	Ranch & Cream Cheese WG Tortilla Roll Up, Milk	WG Cheez-Its, Fresh Fruit	WG Bread Stick, Vegetable, Fruit V- Baked Beans Greek Yogurt & Apples w/Cinnamon	
Breakfast	Eggs, Fruit <b>28</b>	WG Tortilla, Sunbutter, Banana & Cheerio Wrap <b>29</b>	WG Sandwich Thin & Cream Cheese, Turkey/Ham Slice Fruit <b>30</b>		
Lunch	<b>Chicken Penne Alfredo</b> Diced Chicken, WG Penne, Peas, Fruit V- Cheese	<b>Italian Dunkers</b> French Bread Pizza, Marinara Sauce Fruit, Bell Pepper V- Same	<b>Meatloaf</b> Green Beans, Roasted Potatoes, WG Roll V- Veggie Burger		
Snack	Mango, WG Sweet Potato Crackers	Cottage Cheese & Peaches	Mini Bagel, Sunbutter, 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**