




	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			WG Sandwich Thin, Turkey Sausage Patty, Fruit 1	WG Waffle, Cinnamon Applesauce Topping, Fruit 2	WG Cereal, Fruit 3
Lunch			Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu	California Cheeseburger Lettuce, Tomato, WG Bun V-Cheese	Tuna Salad Boat Hawaiian Bun, Fruit, Veggie V- Same
Snack			Choose Two: Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	WG Cheez-Its, Fresh Fruit	Snap Peas & Apple Slices w/Cinnamon
Breakfast	Melted Cheese Tostada, Salsa, Fruit 6	Greek Yogurt, Granola, Berries 7	WG Cereal, Fruit 8	Hard Cooked Eggs, Fruit 9	WG Turkey Sausage Breakfast Pizza, Fruit 10
Lunch	WG English Muffin Cheese & Bell Pepper Pizza Fruit V- Same	Scrambled Eggs , Fruit, Vegetable, Bread Choice V- Same	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese & Diced Ham Oranges, Green Peas V- Mac N' Cheese	BBQ Shredded Chicken on WG Bun Fruit, Edamame V- Cheese
Snack	WG Berry Graham Crackers, Applesauce	Tropical Fruit, WG Cracker	String cheese & Carrot Sticks	WG Muffin & Milk	Fruit, WG Biscuit
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit 13	WG Cereal, Fruit 14	WG Bagel, Cheese Slice, Fruit 15	WG French Toast Sticks, String Cheese, Fruit 16	Scrambled Egg Patty, Fruit 17
Lunch	Red Pozole Stew , Diced Chicken, Tomato Soup, Chickpeas, WG Bread, Fruit V- Tofu	Spaghetti & Meatballs, Pasta Sauce Vegetable Blend, Fruit V- Cheese	Fajitas Chicken Strips Fajita Vegetable Blend, WG Tortilla Black Beans WG Tortilla V-Beans	Potato Skin Boats Diced Turkey Ham, Broccoli Florets, Cheese, WG Roll V- Cheese	Fish Tacos Fish Sticks, Coleslaw, Fruit, WG Tortilla V-Same
Snack	WG Black Bean Crackers & Black Beans w/Salsa	WG Tortilla & Sunbutter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Tzatziki Dip	Greek Yogurt & Fruit	Pick Up Kix Apples, Sunbutter, Kix Cereal
Breakfast	WG English Muffin w/Melted Cheese, Fruit 20	Scrambled Eggs, Salsa, WG Tortilla Wrap, Fruit 21	WG Cereal, Fruit 22	Center Closed 23	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 24
Lunch	Chicken w/Pesto Basil Sauce , Rice or Pasta, Vegetable, Fruit V- Tofu	Hungarian Goulash Ground Beef, Potatoes, WG Roll Fruit V- Cheese	Ravioli , Cottage Cheese, Vegetable, Fruit V-Same		Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain
Snack	Turkey on WG Bun	Milk & WG Chex Mix	Mini Bagel, Cream Cheese, Fresh Fruit		Greek Yogurt & Mandarin Oranges
Breakfast	WG Cereal, Fruit 27	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 28	WG Sandwich Thin, Turkey Sausage Patty, Fruit 29	WG Waffle, Cinnamon Applesauce Topping, Fruit 30	
Lunch	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu	California Cheeseburger Lettuce, Tomato, WG Bun V-Cheese	
Snack	Choose Two: Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	Cheese on WG Bun	Choose Two: Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	WG Cheez-Its, Fresh Fruit	

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