




	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			WG Sandwich Thin, Turkey Sausage Patty, Fruit <b>1</b>	WG Waffle, Cinnamon Applesauce Topping, Fruit <b>2</b>	Oatmeal, Topping, Fruit <b>3</b>
Lunch			<b>Asian WG Fried Rice</b> Diced Chicken, Edamame, Fruit V-Tofu	<b>Meatloaf</b> WG Bun, Beans, Fruit V- Cheese	<b>Red Pozole Stew</b> , Diced Chicken, Tomato Soup, Hominy, WG Bread, Fruit V- Tofu
Snack			WG Cheez-Its, Mango	Snap Peas & Apple Slices	Hummus & WG Breadstick, Milk
Breakfast	Greek Yogurt, Berries <b>6</b>	Melted Cheese Tostada, Salsa, Fruit <b>7</b>	WG Cereal, Fruit <b>8</b>	Hard Cooked Eggs, Fruit <b>9</b>	WG Turkey Sausage Breakfast Pizza, Fruit <b>10</b>
Lunch	<b>WG English Muffin Cheese &amp; Bell Pepper Pizza</b> Fruit V- Same	<b>Indian Chicken Diced Chicken</b> (Low Sodium)WG Pasta or Rice, Butter Chicken Sauce ,Fruit, Vegetable V-	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>Mac N' Cheese- Reduced Sodium</b> Ham, Fruit, Green Chickpeas V- Same	<b>Chicken &amp; Refried Bean Chalupas</b> Corn Tortilla, Vegetable, Fruit V- Cheese
Snack	WG Berry Graham Crackers, Applesauce	Tropical Dragon Fruit, WG Crackers	String cheese & Carrot Sticks	WG English Muffin, Sun Butter & Fruit	WG Biscuit & Jicama Sticks
Breakfast	<b>Chef's Choice</b> Grain, Meat/Meat Alternate, Fruit <b>13</b>	WG Cereal, Fruit <b>14</b>	WG Bagel, Cheese Slice, Fruit <b>15</b>	WG French Toast Sticks, String Cheese, Fruit <b>16</b>	Scrambled Egg Patty, Fruit <b>17</b>
Lunch	<b>Grilled Chicken Strips (Low Sodium)</b> Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Sun Butter	<b>WG Pasta &amp; Meatballs</b> Vegetable, Fruit V-Cheese	<b>California Cheeseburger</b> WG Bun, Lettuce, Tomato, Fruit V- Veggie Burger	<b>Chicken on WG Biscuit &amp; Gravy</b> Vegetable Mix, Fruit V- Tofu	<b>Potato Skin Boats</b> Diced Ham, Cheese, Broccoli Florets, WG Roll, Fruit V- Cheese
Snack	WG Black Bean Crackers & Black Beans w/Salsa	WG Tortilla & Sun Butter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Tzatziki Dip	Greek Yogurt & WG Muffin	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal
Breakfast	WG English Muffin w/Melted Cheese, Fruit <b>20</b>	Eggs, Fruit <b>21</b>	WG Cereal, Fruit <b>22</b>	<b>Center Closed</b> <b>23</b>	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit <b>24</b>
Lunch	<b>Pollock (Fish) Sticks</b> , WG Bun Coleslaw, Fruit, V-Same	<b>Hungarian Goulash</b> Ground Beef, Potatoes, WG Roll Fruit V-Cheese	<b>Turkey, Cream Cheese, Spinach, WG Tortilla Wrap</b> , Fruit V- Sliced Cheese		<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain Cucumbers, WG Crackers
Snack	Cottage Cheese & Mandarin Oranges	WG Chex Mix, Cheese Stick	Mini Bagel, Fresh Fruit		
Breakfast	WG Cereal, Fruit <b>27</b>	WG Tortilla, Sun Butter, Banana & Cheerio Wrap <b>28</b>	WG Sandwich Thin, Turkey Sausage Patty, Fruit <b>29</b>	WG Waffle, Cinnamon Applesauce Topping, Fruit <b>30</b>	
Lunch	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	<b>Tuna Salad Boat</b> Hawaiian Bun, Fruit, Fresh Spinach V- Same	<b>Asian WG Fried Rice</b> Diced Chicken, Edamame, Fruit V-Tofu	<b>Meatloaf</b> WG Bun, Beans, Fruit V- Cheese	
Snack	<b>Choose Two:</b> Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	Cheese & WG Bun	WG Cheez-Its, Mango	Snap Peas & Apple Slices	

**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