



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		WG Cereal, Meat/Meat Alternate, Fruit or Veggie 1	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 2	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers 3	Bagel, Sunbutter, Fruit or Veggie 4
Lunch		*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Veggie, Fruit	WG Mac N' Cheese Vegetarian Beans, Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit, Roll
Snack		String cheese & Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk
Breakfast	Bagel, Cheese Slice, Fruit or Veggie 7	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 8	Eggs,, English Muffin, Avocado Spread 9	Build My WG Waffle "Pizza" , Cream Cheese, Berries 10	WG French Toast Sticks, Cottage Cheese, Fruit/Veggie 11
Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	Cheese, Sausage Crumble & Mushroom English Muffin Pizza , Fruit or Veggie	Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato	*Tuna Salad on WG Bun Green Vegetable, Fruit, WG Bun	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit, Veggie
Snack	WG Champ Bite Crackers, Milk	WOTYC Snack Teddy Graham, Cheez its, Blueberry, Banana, Strawberry	WG Cheese Crackers & WG Cereal(s) Medley, Fresh Veggie	Cheese on WG Bun	WG Tortilla, Cream Cheese, Veggie Roll Up
Breakfast	SunButter WG Sandwich, Fruit or Veggie 14	Protein Bowl Potatoes, Corn, Vegetarian Beans, WG Bread 15	Apple/Pear, Sunbutter, Sandwich 16	WG Cereal, Ham Patty, Fruit or Veggie 17	WG Biscuit, Sausage Gravy, Veggie or Fruit 18
Lunch	Shredded Chicken & BBQ Sauce WG Bun, Fruit, Veggie	Chicken, Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	*Sloppy Sandwiches Meat/Meatless Crumble Choice, Cheese, WG Bun, Fruit, Veggie	*Baked Bean Chili Ground Beef Crumble, WG Bread Choice, Veggie, Fruit	WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack	Build My Own Cucumber & Cheese "Sandwich"	Bagel, Cheese Slice	Granola, Gogurt/Yogurt	Fresh Veggie, Dip, Fresh Fruit	WG Goldfish, Fresh Fruit
Breakfast	Cheese, Veggies, WG Tortilla Wrap 21	WG French Toast, Cottage Cheese, Fruit or Veggie 22	Turkey Sausage Breakfast Sandwich Fruit or Veggie 23	Build My Own Parfait Yogurt, Berries & WG Cereal 24	English Muffin, Sunbutter Fruit or Veggie 25
Lunch	California Hamburger WG Bun, Tomato, Lettuce, Vegetarian Beans	Shepherd's Pie Beef Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable	Pork Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Mexican Chicken Grilled Chicken, Shredded Cheese, Rice, Black Beans, Avocado	Meatloaf Sweet Potatoes, Fruit, WG Roll
Snack	Pita Bread Triangles, Veggie Sticks, Dip	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Cheese & Fresh Fruit	WG Bagel, Veggie or Fruit	Mango & WG Cereal
Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 28	WG Cereal, Meat/Meat Alternate, Fruit or Veggie 29	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 30		
Lunch	*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots	*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Veggie, Fruit		
Snack	Spinach/Lettuce, Deli Meat Roll Up	String cheese & Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus		

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, Wheaties, Oatmeal **Fruits and vegetables:** Fresh/frozen, canned (no sugar added)

Raw, Hard vegetables: steamed or substituted for infants/toddlers **Yogurt:** No more than 12 grams of added sugar per 6 oz **Water:** Offered and available throughout the day

WG=Whole Grain (served 2-3 meals/day) **Vegetarian substitutions** offered for children that practice exclusively vegetarian **Honey:** Not served to children under age 1

* Kitchen Managers recipe for reference

Creating Future Healthier Generations



Our Food and Nutrition Mission

We provide good nutrition to empower children's physical, cognitive, emotional, and physical growth. We promote knowledge about nutrition to our children, families, and staff through education, communication, and by offering children healthier and diverse food choices.

Safe Food Environment-Outside Food

New Horizon Academy is striving for a SAFE FOOD ENVIRONMENT. We respectfully request your partnership in protecting our children with food allergies. Please do not bring any food or beverages into our school.

We Serve:

- Whole grain bread, pasta, cereal, and crackers
- Fruits and vegetables (fresh, frozen, and no sugar added)
- Milk (Whole Ages 1-2, Skim Ages 2 and up)
- Lower sodium and limited sugar
- Increased dietary fiber
- Protein at breakfast
- Vegetarian
- Cultural food exposure
- Variety!

We Do Not Serve:

- Peanuts/nuts
- Fried foods
- Juice
- Cookies/desserts
- Choking hazard foods (hot dogs, sausage links, grapes, popcorn, chips)



My Healthy Plate

Vegetables



Fruits



Grains



Proteins