



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Melted Cheese Tortilla Wrap, Salsa, Fruit 1	Greek Yogurt, Granola, Berries 2	WG Cereal, Chef's Protein Choice, Fruit 3	Hard Cooked Eggs, Fruit 4	WG Turkey Sausage Breakfast Pizza, Fruit 5
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, Edamame V- Mac N' Cheese	*Red Pozole Stew Diced Chicken, Hominy, Fruit, WG Roll V-Extra Hominy
Snack	WG Berry Graham Crackers, Fresh Veggie	Tropical Fruit, Breadstick	String cheese & Veggie Sticks	WG Muffin & Milk	Fruit, WG Biscuit & Sunbutter
Breakfast	WG English Muffin w/Melted Cheese, Fruit 8	WG Cereal, Protein Choice, Fruit 9	WG Bagel, Cheese Slice, Fruit 10	WG French Toast Sticks, String Cheese, Fruit 11	Scrambled Egg Patty, Fruit 12
Lunch	Chicken w/Pesto Basil Sauce , Rice or Pasta, Black Eyed Peas, 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	*Chicken Pita Wrap Romaine Lettuce, Diced Tomatoes, Fruit V- Hummus	Fish Tacos Fish Sticks, Coleslaw, Fruit, WG Tortilla V-Same
Snack	Cottage Cheese & Fresh Veggie	Fruit "Cheesecake" Graham Cracker, Cream Cheese/Yogurt, Fruit Choice	Pita Bread Chips, Veggie Sticks, Tzatziki Dip	Greek Yogurt & Fruit	Pick Up Kix Apples, Sunbutter, Kix Cereal
Breakfast	WG Cereal, Chef's Protein Choice, Fruit 15	Eggs, Fruit 16	WG Cereal, Chef's Protein Choice, Fruit 17	WG Pancake, Topping, Chef's Protein Choice, Fruit 18	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 19
Lunch	*Hungarian Goulash Ground Beef Crumble, Potatoes, WG Bread, Fruit V- Cheese	*Arroz Con Queso (Rice & Cheese) Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	Ravioli & Pasta Sauce Cottage Cheese, Vegetable, Fruit V-Same	Grilled Chicken Strips (low sodium), Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V-Sunbutter	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain
Snack	Milk & WG Chex Mix	Hard Boiled Egg, Fresh Veggie, Dip	Mini Bagel, Cream Cheese, Fresh Fruit	Cheese & WG Crackers	Fresh Veggie, Roasted Red Pepper Hummus
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit 22	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 23	WG Sandwich Thin, Turkey Sausage Patty, Fruit 24	WG Waffle, Topping,, Chef's Protein Choice, Fruit 25	WG Cereal, Chef's Protein Choice, Fruit 26
Lunch	Orange Chicken WG Pasta or Rice, Orange Sauce, Fruit, Green Vegetable V- Tofu	Italian Dunkers Melted Cheese on Hot Dog Bun, Marinara Sauce, Fruit, Colored Cauliflower V-Same	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu	*Pizza Burger Beef Crumble, Cheese, WG Bun, Veggie, Fruit V-Meatless Crumble	Baked Bean & Ground Beef Chili Cornbread, Fruit, Veggie V- Additional Baked Beans
Snack	Turkey on WG Bun	Blueberry Lemon Crispy Bites, Fresh Veggie	Chef's Choice Choose Two: Meat/Meat Alternate, Fruit, Veggie,	WG Cheez-Its, Milk	Snap Peas & Apple Slices w/Cinnamon
Breakfast	Melted Cheese Tortilla Wrap, Salsa, Fruit 29	Greek Yogurt, Granola, Berries Scrambled Eggs, Fruit, 30			
Lunch	*WG English Muffin Cheese & Bell Pepper Pizza Fruit V- Same	Scrambled Eggs , Fruit, Vegetable, Bread Choice V- Same			
Snack	WG Berry Graham Crackers, Fresh Veggie	Tropical Fruit, Breadstick			

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 **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 *** Kitchen Managers recipe for reference**