



	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 or Diced Potatoes, Diced Bell Peppers 3	WG Turkey Sausage Breakfast Pizza, Veggie or Fruit 4
Lunch		*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Spiral Zucchini "Noodles" Pasta Sauce, Fruit, WG Bread/Grain	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit
Snack		String cheese & WG Breadstick	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk
Breakfast	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie 7	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 8	Eggs,, Avocado Spread, Croissant/WG English Muffin 9	Build My WG Waffle "Pizza" , Cream Cheese, Berries 10	WG French Toast Sticks, Meat/Meat Alternate, Fruit 11
Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	WG Cheese, Sausage Crumble & Mushroom Pizza WG Crust Choice, Fruit or Veggie	Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bun	Meat/Meat Alternate, Fruit & Vegetable, or Two Vegetables, WG Bread/Grain
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 Buttermilk Biscuit, Fresh Fruit
Breakfast	Apple/Pear, Sunbutter WG Pita 14	Protein Bowl Potatoes, Corn, Vegetarian Beans, WG Bread 15	Sunbutter WG Sandwich, Fruit or Veggie 16	WG Cereal, Ham Patty, Fruit or Veggie 17	WG Biscuit, Sausage Gravy, Veggie or Fruit 18
Lunch	*Sloppy Sandwiches Meat/Meatless Crumble Choice, WG Bun, Fruit, Veggie	Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack	Gogurt/Yogurt, Berries	Build My Own Cucumber & Cheese "Sandwich"	Cinnamon Granola, Berries	Graham Crackers, Milk	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	WG 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	WG Chicken Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Mexican Chicken Grilled Chicken, Shredded Cheese, Rice, Black Beans, Avocado	Meatloaf Sweet Potatoes, Fruit, WG Roll
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Triangle, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Veggie or Fruit	Mango & WG Chex Mix
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 & Spiral Zucchini "Noodles" Pasta Sauce, Fruit, WG Bread/Grain		
Snack	Spinach/Lettuce, Deli Meat Roll Up	String cheese & WG Breadstick	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