



	Monday		Tuesday		Wednesday		Thursday		Friday			
Breakfast	Week 1								WG Cereal, Chef's Protein Choice, Fruit	2		
Lunch									*Baked Bean & Ground Beef Chili			
Snack									Cornbread, Fruit, Veggie V- Additional Baked Beans			
									Snap Peas & Apple Slices w/Cinnamon			
Breakfast	Week 2	Melted Cheese Tortilla Wrap, Salsa, Fruit	5	Greek Yogurt, Granola, Berries	6	WG Cereal, Chef's Protein Choice, Fruit	7	Hard Cooked Eggs, Fruit	8	WG Turkey Sausage Breakfast Pizza, Fruit	9	
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	Week 3	WG English Muffin w/Melted Cheese, Fruit	12	WG Cereal, Protein Choice, Fruit	13	WG Bagel, Cheese Slice, Fruit	14	WG French Toast Sticks, String Cheese, Fruit	15	Scrambled Egg Patty, Fruit	16	
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		WG Tortilla & Sunbutter Roll Up, Fruit		Pita Bread Chips, Veggie Sticks, Tzatziki Dip		Greek Yogurt & Fruit		Pick Up Kix	Apples, Sunbutter, Kix Cereal	
Breakfast	Week 4	WG Cereal, Chef's Protein Choice, Fruit	19	Eggs, Fruit	20	WG Cereal, Chef's Protein Choice, Fruit	21	WG Pancake, Topping, Chef's Protein Choice, Fruit	22	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit	23	
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	Week 1	Chef's Choice	Grain, Meat/Meat Alternate, Fruit	26	WG Tortilla, Sunbutter, Banana & Cheerio Wrap	27	WG Sandwich Thin, Turkey Sausage Patty, Fruit	28	WG Waffle, Topping,, Chef's Protein Choice, Fruit	29		
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	
Snack		Turkey on WG Bun		Blueberry Lemon Crispy Bites, Fresh Viaggio		Chef's Choice Choose Two:	Meat/Meat Alternate, Fruit, Veggie, Grain, Milk		WG Cheez-Its, Milk			

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**

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

