



| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Breakfast | Melted Cheese Tortilla Wrap, Salsa, Fruit 1 | Greek Yogurt, Berries 2 | WG Cereal, Chef's Protein Choice, Fruit 3 | Hard Cooked Eggs, Fruit 4 | WG Pancake, Yogurt Topping, Fruit 5 |
| Lunch | *Chicken & Refried Bean Burrito , WG Tortilla Vegetable, Fruit V- Refried Beans | BBQ Shredded Chicken on WG Bun Fruit, Edamame V- Cheese | Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain | WG Mac N' Cheese & Diced Ham Oranges, Green Chickpeas V- Mac N' Cheese | Ravioli & Pasta Sauce Cheese, Zucchini, Fruit V-Same |
| Snack | WG Mixed Berry Animal Crackers, Milk | Tropical Dragon Fruit Mix, | String cheese & Fresh Veggie Sticks | Fresh Veggie & WG Cracker | WG Biscuit, Fruit |
| Breakfast | English Muffin w/Hummus or Avocado Spread, Fruit 8 | WG Cereal, Chef's Protein Choice Fruit 9 | WG Bagel, Cheese Slice, Fruit 10 | Scrambled Egg Patty, Fruit 11 | WG French Toast Sticks, String Cheese, Fruit 12 |
| Lunch | Santa Fe Burrito Bowl Vegetarian Beans, Brown Rice, Cheese, Salsa, Tomato, Fruit V- Same | Low Sodium Chicken Strips , Sweet Potato, Roll, Green Vegetable, Fruit | California Cheeseburger WG Bun, Lettuce, Tomato, Fruit V- Veggie Burger | Chicken Ranch WG Pita Shredded Lettuce, Tomato, Fruit V- Tofu | *Mashed Potato Bowl Diced Turkey Ham, Broccoli Florets, Cheese, WG Roll V-Cheese |
| Snack | Sliced Ham on Hawaiian Bun | Fruit "Cheesecake" Graham Cracker, Cream Cheese/Yogurt, Fruit Choice | Pita Bread Chips, Veggie Sticks, Dip | Greek Yogurt & Fruit | Pick Up Kix Apples, Sunbutter, Kix Cereal |
| Breakfast | Turkey on WG Bread, Fruit 15 | Scrambled Eggs, Salsa WG Fruit 16 | WG Cereal, Chef's Protein Choice, Fruit 17 | WG Pancake, Sunbutter, Fruit 18 | WG Bagel, Chef's Choice Protein, Fruit 19 |
| Lunch | Tortellini & Alfredo Sauce , Vegetarian Beans, Fesh Fruit Vegetable V- Same | *Arroz Con Queso (Rice & Cheese) Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans | Turkey, Cream Cheese, Spinach, WG Tortilla Wrap , Fruit V- Sliced Cheese -Sliced Cheese | Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same | *Hungarian Goulash Ground Beef, Potatoes, WG Roll, Fruit V- Cheese |
| Snack | Hard Boiled Egg, Fruit | Cheese & WG Crackers | Gogurt, Fresh Fruit | WG Cereal & Milk | Chef's Choice Choose Two : Meat/Meat Alternate, Fruit, Veggie, |
| Breakfast | WG Cereal, Chef's Protein Choice, Fruit 22 | WG Tortilla, Sunbutter, Banana & Cheerio Wrap 23 | Turkey Sausage Patty, Bread Choice, Fruit 24 | WG Waffle, Topping, Chef's Protein Choice, Fruit 25 | Oatmeal Toppings, Chef's Protein Choice Fruit 26 |
| Lunch | *Tuna Salad Boat Hawaiian Bun, Cheese, Fruit, Veggie V- Same | Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Green Vegetable V- Cheese | *Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu | WG English Muffin Cheese Pizza Vegetable, Fruit V- Same | *Red Pozole Stew , Diced Chicken, Tomato Soup Hominy, WG Bread, Fruit V- Tofu |
| Snack | WG Soft Pretzel, Cheese Cubes | Cheese, WG Bun | WG Cheez-Its, Fresh Fruit | Snap Peas & Apple Slices | Hummus, Breadstick |
| Breakfast | Melted Cheese Tortilla Wrap, Salsa, Fruit 29 | Greek Yogurt, Berries 30 | | | |
| Lunch | *Chicken & Refried Bean Burrito , WG Tortilla Vegetable, Fruit V- Refried Beans | BBQ Shredded Chicken on WG Bun Fruit, Edamame V- Cheese | | | |
| Snack | WG Mixed Berry Animal Crackers, Milk | Tropical Dragon Fruit Mix, | | | |

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 * Kitchen Managers recipe for reference