



	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	Week 1								Oatmeal Toppings, Chef's Protein Choice Fruit	1
Lunch									*Red Pozole Stew, Diced Chicken, Tomato Soup Hominy, WG Bread, Fruit V- Tofu	
Snack									Hummus, Breadstick	
Breakfast	Week 2	Melted Cheese Tortilla Wrap, Salsa, Fruit 4	Greek Yogurt, Berries 5	WG Cereal, Chef's Protein Choice, Fruit 6	Hard Cooked Eggs, Fruit 7	WG Pancake, Yogurt Topping, Fruit 8				
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	Week 3	English Muffin w/Hummus or Avocado Spread, Fruit 11	WG Cereal, Chef's Protein Choice Fruit 12	WG Bagel, Cheese Slice, Fruit 13	Scrambled Egg Patty, Fruit 14	WG French Toast Sticks, String Cheese, Fruit 15				
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	WG Tortilla & Sunbutter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Dip	Greek Yogurt & Fruit	Pick Up Kix Apples, Sunbutter, Kix Cereal				
Breakfast	Week 4	Turkey on WG Bread, Fruit 18	Scrambled Eggs, Salsa WG Fruit 19	WG Cereal, Chef's Protein Choice, Fruit 20	WG Pancake, Sunbutter, Fruit 21	WG Bagel, Chef's Choice Protein, Fruit 22				
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	Week 1	WG Cereal, Chef's Protein Choice, Fruit 25	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 26	Turkey Sausage Patty, Bread Choice, Fruit 27	WG Waffle, Topping, Chef's Protein Choice, Fruit 28	Oatmeal Toppings, Chef's Protein Choice Fruit 29				
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				

**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**

# 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

