



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 2	Breakfast		WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie <b>1</b>	Cheese, WG Bread, Fruit or Vegetable <b>2</b>	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers <b>3</b>	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie <b>4</b>
	Lunch		<b>*Chicken &amp; Biscuit Pot Pie</b> Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	<b>Meatball on Hoagie Rol</b> , BBQ Sauce, Veggie, Fruit or Additional Veggie	<b>WG Mac N' Cheese</b> Vegetarian Beans, Fruit, Green Vegetable	<b>Chicken Cordon Blue Casserole</b> Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit, Roll
	Snack		String cheese & WG Soft Pretzel/Breadstick	Naan, Fresh Veggie, Red Pepper Hummus	<b>Build My Own</b> Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip	WG Chex Mix (Cheddar or Strawberry) & Milk
Week 3	Breakfast	WG Bagel/English Muffin, Sunbutter, Fruit or Veggie <b>7</b>	WG Cereal, Gogurt/Greek Yogurt, Fruit or Veggie <b>8</b>	Eggs, Avocado Spread, Croissant/WG English Muffin <b>9</b>	<b>Build My WG Waffle "Pizza"</b> , Cream Cheese/Yogurt, Berries <b>10</b>	WG French Toast Meat/Meat Alternate, Fruit/Veggie <b>11</b>
	Lunch	<b>Italian Dunkers</b> Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	<b>Mighty Mushroom, Cheese &amp; Sausage Crumble Pizza</b> WG Crust Choice, Fruit or Additional Veggie	<b>Tacos</b> WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato	<b>WG Pollock (Fish) Sticks or Patty</b> Green Vegetable, Fruit, WG Bread Choice	<b>Chicken, Beef, Turkey or Vegetarian Beans</b> Fruit & Vegetable or Two Vegetables, WG Bread/Grain
	Snack	WG Champ Bite Crackers, Fruit	<b>WOTYC Snack</b> 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
Week 4	Breakfast	SunButter WG Sandwich, Fruit or Veggie <b>14</b>	<b>Protein Bowl</b> Potatoes, Corn, Vegetarian Beans, WG Bread <b>15</b>	Apple/Pear, Sunbutter WG Pita <b>16</b>	WG Cereal, Ham/Sausage Patty, Fruit or Veggie <b>17</b>	WG Biscuit, Sausage Gravy, Veggie or Fruit <b>18</b>
	Lunch	<b>Shredded BBQ Pork or Chicken</b> WG Bread Choice, Vegetable, Fruit	<b>Chicken, WG Penne with Alfredo Sauce</b> , Parmesan Green Veggie, Fruit	<b>*Sloppy Sandwiches</b> Meat/Meatless Crumble Choice, WG Bun, Fruit, Veggie	<b>*Baked Bean Chili</b> Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	<b>WG Lasagna Roll Ups or WG Ravioli</b> Shredded Cheese, Sauce Choice, Fruit, Veggie
	Snack	Cinnamon Granola, Milk	<b>Build My Own</b> Cucumber & Cheese "Sandwich"	Gogurt/Yogurt, Berries	WG Cracker, Cream Cheese/Yogurt, Mandarin Oranges, Blueberries	WG Goldfish, Fresh Fruit or Veggie
Week 1	Breakfast	Cheese, Fajita Veggies, WG Tortilla Wrap <b>21</b>	WG French Toast, Cottage Cheese, Fruit or Veggie <b>22</b>	Turkey Sausage Breakfast WG Sandwich, Fruit or Veggie <b>23</b>	<b>Build My Own Parfait</b> Greek Yogurt, Berries & WG Cereal <b>24</b>	WG English Muffin, SunButter Fruit or Veggie <b>25</b>
	Lunch	<b>California Hamburger</b> WG Bun, Tomato, Lettuce, Vegetarian Beans	<b>Shepherd's Pie</b> Beef Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, WG Bread	<b>WG Chicken Potstickers</b> Dipping Sauce Choice, Edamame, Fruit	<b>Mexican Chicken</b> Grilled Chicken, Shredded Cheese, Rice, Black Beans, Avocado	<b>Meatloaf</b> Sweet Potatoes, Fruit, WG Roll
	Snack	WG Black Bean Vegetable Crackers, Black Beans with Salsa	Pita Bread Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Veggie or Fruit	Mango/ Papaya & WG Cereal
Week 2	Breakfast	WG Waffle & Sunbutter Sandwich, Fruit or Veggie <b>28</b>	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie <b>29</b>	Cheese, WG Bread, Fruit or Vegetable <b>30</b>		
	Lunch	<b>*Veggie Delight Rollup</b> WG Tortilla, Cheese, Hummus, Cucumber, Carrots	<b>*Chicken &amp; Biscuit Pot Pie</b> Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	<b>Meatball on Hoagie Rol</b> , BBQ Sauce, Veggie, Fruit or Additional Veggie		
	Snack	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal	String cheese & WG Soft Pretzel/Breadstick	Naan, Fresh Veggie, Red Pepper 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

\* Recipe Available for Kitchen Managers

# 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