



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Breakfast Greek Yogurt, Berries, WG Bread Choice 1	Melted Cheese WG Tortilla Wrap, Salsa, Fruit 2	WG Waffle & Sunbutter Sandwich, Fruit 3	Hard Boiled Eggs, Fruit 4	WG Turkey Sausage Pizza, Fruit 5
	Lunch *WG English Muffin Cheese & Bell Pepper Pizza Fruit V- Same	*Baked Bean & Ground Beef Chil Mac Elbow Macaroni, Fruit, Veggie V- Additional Baked Beans	Chicken , Fruit, Vegetable, WG Bread/Grain V-Cheese	Mac N' Cheese- Reduced Sodium Ham, Fruit, Green Broccoli V- Tofu	*Chicken WG Penne & Alfredo Sauce Black Eyed Peas, Fesh Fruit V-Cheese
	Snack WG Berry Graham Crackers, Milk	Hummus & WG Breadstick	String cheese & Fresh Veggie Sticks	WG Biscuit & Sun Butter, Fresh Fruit	Pita Bread Chips, Cucumber Sticks, Tzatziki Dip
Week 3	Breakfast WG English Muffin w/Avocado or Hummus Spread, Fruit 8	WG Cereal Fruit, Gogurt 9	WG Bagel, Cheese Slice, Fruit 10	WG French Toast Sticks, Ham Patty, Fruit 11	Scrambled Egg Patty, Fruit 12
	Lunch Pollock (Fish) Sticks , WG Bun Coleslaw, Fruit, V-Same	Meatballs, Pasta Sauce & Spiral Zucchini WG Roll, Fruit V-Cheese	*Asian WG Chicken Fried Rice Edamame, Corn, Fruit V- Tofu	*Turkey Mashed Potato Bowl Fruit, WG Roll V- Cheese	*Quesadilla WG Tortilla, Vegetarian Beans, Cheese, Veggie, Fruit V- Same
	Snack Ritz Crackers, Cottage Cheese	Fruit "Cheesecake" Graham Cracker, Cream Cheese/Yogurt, Fruit Choice	Pretzel Goldfish & Cauliflower Or Broccoli	Pick Up Kix Apples, Sun Butter, Kix Cereal	Turkey on WG Bun
Week 4	Breakfast Turkey on WG Bread, Fruit 15	Eggs, Fruit 16	WG Cereal, Cheese Stick, Fruit 17	WG Pancake & Yogurt Roll Up, Fruit 18	Ham Patty, WG Biscuit, Fruit 19
	Lunch Meatloaf (low sodium) Potato Choice, Fruit, WG Roll V- Tofu	*Arroz Con Queso (Rice & Cheese) Pinto Beans, Corn, Fruit V- Additional Pinto Beans	Chicken Salad, Spinach on Croissant Fruit V- Cheese	*Sloppy Sandwich Ground meat, WG Bun, Green Veggie, Fruit V- Same- Meatless Crumble	Chicken , Fruit, Vegetable, WG Bread V-Cheese
	Snack WG Cracker, Milk	WG Chex Mix, Cheese Stick	Fresh Veggie, Dip, Graham Cracker	Cottage Cheese, Fruit	Gogurt, WG Cereal
Week 1	Breakfast Eggs, Fruit 22	WG Tortilla, Sunbutter, Banana, Cheerio Wrap 23	WG Sandwich Thin, Turkey Sausage Patty , Fruit 24	Sunbutter & Fruit in WG Pita Pocket 25	Oatmeal & Fruit 26
	Lunch Grilled Chicken Strips (Low Sodium) Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Sun Butter	*Hungarian Goulash Ground Beef Crumble, Potatoes, WG Bread, Fruit V- Meatless Crumble	Chicken & WG Waffles w/Orange Marmalade Veggie, Fruit V- Greek Yogurt	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Chickpeas V-Cheese
	Snack WG Black Bean Crackers, Black Beans & Salsa	WG Cheez-its, Mango	Cheese & Fresh Fruit	Tropical Dragon Fruit, WG Pretzel	Hard Boiled Egg, Veggie Sticks
Week 2	Breakfast Greek Yogurt, Berries, WG Bread Choice 29	Melted Cheese WG Tortilla Wrap, Salsa, Fruit 30			
	Lunch *WG English Muffin Cheese & Bell Pepper Pizza Fruit V- Same	*Baked Bean & Ground Beef Chil Mac Elbow Macaroni, Fruit, Veggie V- Additional Baked Beans			
	Snack WG Berry Graham Crackers, Milk	Hummus & WG 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 , 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