



	Monday		Tuesday		Wednesday		Thursday		Friday			
Breakfast	Week 1								Oatmeal w/ Sunbutter Fruit	1		
Lunch									Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Colored Cauliflower V-Cheese			
Snack									Tropical Dragon Fruit, WG Pretzel			
Breakfast	Week 2	Greek Yogurt, Berries, WG Bread Choice	4	Melted Cheese WG Tortilla Wrap, Salsa, Fruit	5	WG Cereal, Protein Chef Choice, Fruit	6	Hard Cooked Eggs, Fruit	7	WG Turkey Sausage Pizza, Fruit	8	
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	Chef's Choice	Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese- Reduced Sodium	Ham, Fruit, Green Chickpeas 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 & Carrot Sticks		WG Biscuit & Sun Butter, Fresh Fruit		Pita Bread Chips, Cucumber, Tzatziki Dip		
Breakfast	Week 3	WG English Muffin w/Avocado or Hummus Spread, Fruit	11	WG Cereal, Protein Chef Choice, Fruit	12	WG Bagel, Cheese Slice, Fruit	13	WG French Toast Sticks, Protein Chef Choice, Fruit	14	Scrambled Egg Patty, Fruit	15	
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		WG Tortilla & Sun Butter Roll Up, Fresh Fruit		Pretzel Goldfish & Cauliflower Or Broccoli		Pick Up Kix	Apples, Sun Butter, Kix Cereal	Turkey on WG Bun		
Breakfast	Week 4	Turkey on WG Bread, Fruit	18	Eggs, Fruit	19	WG Cereal, Protein Chef Choice, Fruit	20	WG Pancake & Sunbutter Roll Up, Fruit	21	Ham Patty, WG Biscuit, Fruit	22	
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 choice, WG Bun, Green Veggie, Fruit V- Same- Meatless Crumble	Chef's Choice	Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	
Snack		WG Cracker, Milk		WG Chex Mix, Cheese Stick		Gogurt, Fresh Fruit		Cottage Cheese, Fruit		Fresh Veggie, Dip, Oranges		
Breakfast	Week 1	Chef's Choice	Grain, Meat/Meat Alternate, Fruit	25	WG Tortilla, Sunbutter, Banana, Cherrio Wrap	26	WG Sandwich Thin, Turkey Sausage Patty , Fruit	27	WG Waffle, Applesauce Topping, Protein Chef Choice	28	Oatmeal w/ Sunbutter Fruit	29
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, Colored Cauliflower V-Cheese	
Snack		WG Black Bean Crackers, Black Beans & Salsa		WG Cheez-its, Mango		Cheese & Fresh Fruit		Snap Peas & Hard-Boiled Egg		Tropical Dragon Fruit, WG Pretzel		

**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

