



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Banana Bread, Greek Yogurt, Fruit 2	WG Cereal, Fruit 3	WG Bagel ,Cream Cheese, Fruit 4	WG French Toast Sticks, Cottage Cheese, Fruit 5	Eggs, Fruit 6
Lunch	BBQ Shredded Chicken WG Bun, Vegetable, Fruit, V- Cheese	Egg & Cheese WG English Muffin Sandwich Veggie, Fruit V-Same	Chicken & Orange Sauce Brown Rice Quinoa, Snap Peas, Fruit V- Tofu	Meatloaf & BBQ Sauce Fresh Veggie, Fruit, WG Roll V- Veggie Burger	Baked Bean & Ground Beef Chili WG Roll, Fresh Fruit, Veggie V- Baked Beans
Snack	Pick Up Kix Apples, Sunbutter, Kix	Tropical Dragon Fruit, WG Sweet Potato Crackers	Naan, Jicama Sticks, Tzatziki Dip	String cheese & Applesauce	Teddy Grahams & Greek Yogurt
Breakfast	Sausage Patty ,WG Bread, Fruit 9	Eggs, Fruit 10	WG English Muffin, Sunbutter, Fruit 11	WG Cereal, Fruit 12	WG Buttermilk Biscuit & Ham Patty 13 Sandwich, Fruit
Lunch	WG Mini Ravioli & Pasta Sauce, Cottage Cheese, Fruit, Vegetable V-Same	Pizza Burger Ground Beef, Cheese, WG Bun, Hominy, Fruit V- Meatless Crumble	Chef's Choice Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	Baked Ham, Cheese & Tomato WG Sandwich Fresh Fruit, Vegetable V- Cheese	Asian Chicken & WG Fried Rice Edamame, Corn, Fruit V-Tofu
Snack	WG Chex Mix, Milk	Salsa & Cream Cheese WG Tortilla Roll Up, Bell Pepper Strips	Greek Yogurt & Berries	WG Cracker, Fruit	Cheese, Goldfish Crackers
Breakfast	Eggs, Fruit 16	WG Sandwich Thin & Sunbutter, Fruit 17	Tortilla, Cream Cheese, Ham Roll Up 18	WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit 19	WG Cereal, Fruit 20
Lunch	Chicken, Pinto Bean, Salsa & Brown Rice Burrito Bowl Vegetable, Fruit	WG Pasta, Meatballs & Sauce Vegetable, Fruit, V- Meatless Crumble	WG English Muffin Sausage & Cheese Pizza Broccoli, Fruit V- Cheese	Chicken, WG Penne & Alfredo Sauce WG Penne, Vegetable Blend, Fruit V- Tofu	WG Pollock Fish Stick Taco Coleslaw, WG Tortilla, Fruit V- Same
Snack	Mango, WG Black Bean Crackers	Cottage Cheese & Pears	WG Breadstick, Marinara Dip, Milk	WG Tortilla Taco Cream Cheese Roll Up, Cheese	Pita Triangles, Veggie Sticks , Hummus Dip
Breakfast	WG Pancakes, Sunbutter & Honey Dip, Fruit 23	Greek Yogurt, Granola, Berries 24	WG Cereal, Fruit 25	Hard Cooked Eggs,Fruit 26	WG Turkey Sausage Breakfast Pizza, Fruit 27
Lunch	Fajitas Chicken Strips, Fajita Vegetable Blend WG Tortilla,Fruit V- Tofu	Turkey Fiesta WG Mac N' Cheese Turkey Taco Meat, Black Beans, Fruit V- Meatless Crumble	Chef's Choice Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain	Grilled Chicken Nuggets WG Roll, Vegetable, Fresh Fruit V- Cheese	Bean & Cheese Quesadilla WG Tortilla, Fruit, Veggie, V- Same
Snack	WG Cereal Mix, Fruit	WG Soft Baked Pretzels, Honey Mustard Dip, Fresh Veggie	Cheese, WG Crackers	Turkey on WG Bun	Graham Crackers, Milk
Breakfast	30	WG Cereal, Fruit 31			
Lunch	Center Closed	Egg & Cheese WG English Muffin Sandwich Veggie, Fruit V-Same			
Snack		Tropical Dragon Fruit, WG Sweet Potato Crackers			

MEAL STANDARD GUIDELINES: Milk is served with 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 *Menu is subject to change