



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			Turkey Sausage Patty, Bread Fruit	WG Waffle, Cinnamon Applesauce Topping, Fruit	Oatmeal Toppings, Fruit
Lunch			<b>Asian WG Fried Rice</b> Diced Chicken, Edamame, Fruit V-Tofu	<b>Chicken &amp; Refried Bean Chalupas</b> Corn Tortilla, Vegetable, Fruit V-Cheese	<b>Red Pozole Stew</b> , Diced Chicken, Tomato Soup Hominy, WG Bread, Fruit V- Tofu
Snack			WG Cheez-Its, Fresh Fruit	Snap Peas & Apple Slices	Hummus, Breadstick
Breakfast	Melted Cheese Tostada, Salsa, Fruit	Greek Yogurt, Berries	WG Cereal, Fruit	Hard Cooked Eggs, Fruit	WG Pancake, Yogurt Topping, Fruit
Lunch	<b>WG English Muffin Cheese Pizza</b> Vegetable, Fruit V- Same	<b>BBQ Shredded Chicken on WG Bun</b> Fruit, Edamame V- Cheese	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>WG Mac N' Cheese &amp; Diced Ham</b> Oranges, Green Chickpeas V- Mac N' Cheese	<b>Meatloaf</b> WG Bun, Potatoes, Fruit V- Cheese
Snack	WG Mixed Berry Animal Crackers, Applesauce	Tropical Dragon Fruit Mix, WG Cracker	String cheese & Carrot Sticks	WG Blueberry Muffin & Milk	WG Biscuit, Fruit
Breakfast	<b>Chef's Choice</b> Grain, Meat/Meat Alternate, Fruit	WG Cereal, Fruit	WG Bagel, Cheese Slice, Fruit	Scrambled Egg Patty, Fruit	WG French Toast Sticks, String Cheese, Fruit
Lunch	<b>Grilled Chicken Strips (Low Sodium)</b> Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Sun Butter	<b>Ravioli &amp; Pasta Sauce</b> Cheese, Zucchini, Fruit V-Same	<b>California Cheeseburger</b> WG Bun, Lettuce, Tomato, Fruit V- Veggie Burger	<b>Chicken Ranch WG Pita</b> Shredded Lettuce, Tomato, Fruit V- Tofu	<b>Mashed Potato Bowl</b> Diced Turkey Ham, Broccoli Florets, Cheese, WG Roll V-Cheese
Snack	WG Black Bean Crackers & Black Beans w/Salsa	WG Tortilla & Sunbutter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Dip	Greek Yogurt & Fruit	<b>Pick Up Kix</b> Apples, Sunbutter, Kix Cereal
Breakfast	English Muffin w/Melted Cheese, Fruit	Scrambled Eggs, Salsa WG Fruit	WG Cereal, Fruit	<b>Center Closed</b> 	
Lunch	<b>Santa Fe Burrito Bowl</b> Vegetarian Beans, Brown Rice, Cheese, Salsa, Tomato, Fruit V- Same	<b>Hungarian Goulash</b> Ground Beef, Potatoes, WG Roll, Fruit V- Cheese	<b>Turkey, Cream Cheese, Spinach, WG Tortilla Wrap</b> , Fruit V- Sliced Cheese -Sliced Cheese		
Snack	Sliced Ham on WG Bun	Cheese & WG Crackers	Mini Bagel, Cream Cheese, Fresh Fruit		
Breakfast	WG Cereal, Fruit	WG Tortilla, Sunbutter, Banana & Cheerio Wrap	Turkey Sausage Patty, Bread Fruit	WG Waffle, Cinnamon Applesauce Topping, Fruit	
Lunch	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	<b>Tuna Salad Boat</b> Hawaiian Bun, Cheese, Fruit, Veggie V- Same	<b>Asian WG Fried Rice</b> Diced Chicken, Edamame, Fruit V-Tofu	<b>Chicken &amp; Refried Bean Chalupas</b> Corn Tortilla, Vegetable, Fruit V-Cheese	
Snack	Choose Two: Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	Cheese on WG Bun	WG Cheez-Its, Fresh Fruit	Snap Peas & Apple Slices	

**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**