



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 2	Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 3	WG Cereal, Meat/Meat Alternate, Fruit or Veggie 4	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 5	Eggs, Hashbrowns or Diced Potatoes, Diced Bell Peppers 6	WG Turkey Sausage Breakfast Pizza, Veggie or Fruit 7
	Lunch	*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots	*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Spiral Zucchini "Noodles" Pasta Sauce, Fruit, WG Bread/Grain	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit
	Snack	Spinach/Lettuce, Deli Meat Roll Up	String cheese & WG Breadstick	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk
Week 3	Breakfast	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie 10	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 11	Egg Patty, Avocado Spread, Croissant/WG English Muffin 12	Build My WG Waffle "Pizza" , Cream Cheese, Berries 13	WG French Toast Sticks, Meat/Meat Alternate, Fruit 14
	Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	WG Cheese, Sausage Crumble & Mushroom Pizza WG Crust Choice, Fruit or Veggie	Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bun	Meat/Meat Alternate, Fruit & Vegetable, or Two Vegetables, WG Bread/Grain
	Snack	WG Champ Bite Crackers, Milk	Build my Own WG Tortilla, Cream Cheese, Veggie Roll Up	WG Cheese Crackers & WG Cereal(s) Medley, Fresh Veggie	Cheese on WG Bun	WG Buttermilk Biscuit, Fresh Fruit
Week 4	Breakfast	Apple/Pear, Sunbutter WG Pita 17	Scrambled Egg Bowl Potato Chunks, Corn, Salsa 18	Sunbutter WG Sandwich, Fruit or Veggie 19	WG Cereal, Ham Patty, Fruit or Veggie 20	WG Biscuit, Sausage Gravy, Veggie or Fruit 21
	Lunch	*Sloppy Sandwiches Meat/Meatless Crumble Choice, WG Bun, Fruit, Veggie	Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
	Snack	Gogurt/Yogurt, Berries	Build My Own Cucumber & Cheese "Sandwich"	Cinnamon Granola, Berries	Graham Crackers, Milk	WG Goldfish, Fresh Fruit
Week 1	Breakfast	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG 24	WG French Toast, Cottage Cheese, Fruit or Veggie 25	Turkey Sausage Breakfast Sandwich Fruit or Veggie 26	Build My Own Parfait Yogurt, Berries & WG Cereal 27	WG English Muffin, Sunbutter Fruit or Veggie 28
	Lunch	California Hamburger WG Bun, Tomato, Lettuce, Vegetarian Beans	Shepherd's Pie Beef Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable	WG Chicken Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Mexican Chicken Grilled Chicken, Shredded Cheese, Rice, Black Beans, Avocado	Eggs. Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
	Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Triangle, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Chex Mix
Week 2	Breakfast	Meat/Meat Alternate, Bread/Grain, Fruit or Veggie 31				
	Lunch	*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots				
	Snack	Spinach/Lettuce, Deli Meat Roll Up				

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

* Kitchen Managers recipe for reference