



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

**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

\* Recipe Available for Kitchen Managers