



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		WG Tortilla, Sunbutter, Banana & Cheerio Wrap 1	WG Roll w/ Cream Cheese, Turkey Ham Slice ,Fruit 2	WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit 3	WG Cereal, Fruit 4
Lunch		Italian Dunkers French Bread Pizza, Marinara Sauce Fruit, Bell Pepper V- Same	Meatballs in Orange Sauce Green Beans, WG Roll V- Veggie Burger	Santa Fe Burrito WG Tortilla, Brown Rice, Vegetarian Beans, Cheese Veggie & Fruit V- Same	WG Pollock Fish Taco Coleslaw, Fruit, WG Tortilla V- Same
Snack		Peaches & Cottage Cheese	Mini Bagel, Sunbutter, Blueberries	Snap Peas & Blueberry Lemon Crispy Bites	Pita Bread Chips, Hummus, Veggie Sticks
Breakfast	Melted Cheese Tostada, Fruit 7	Greek Yogurt, Granola, Berries 8	WG Cereal, Fruit 9	Hard Cooked Eggs, Fruit 10	WG Turkey Sausage Breakfast Pizza, 11 Fruit
Lunch	WG Pasta & Meatballs Fresh Veggie, Pineapple V- Veggie Burger	Turkey Fiesta Mac N Cheese Broccoli, Fruit V- Meatless Crumble	Chef's Choice Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain	Asian Chicken WG Fried Rice Diced Chicken, Edamame, Corn, Fruit V- Tofu	Cheesy Bean Tostada Corn Tortillas, Refried Beans & Cheese, Lettuce, Tomato, Fruit V- Same
Snack	Cucumbers & Melon	Tropical Dragon Fruit, Cauliflower, Dip	WG Berry Graham Crackers, Fresh Fruit	String cheese & Carrot Sticks	WG Banana Bread & Milk
Breakfast	Oatmeal & Toppings, Fruit 14	WG Blueberry Muffin, Greek Yogurt, 15 Fruit	WG Bagel, Cream Cheese, Fruit 16	WG French Toast Sticks, Cottage Cheese, Fruit 17	Eggs, Fruit 18
Lunch	Grilled Chicken Nuggets or Strips WG Roll, Sweet Potato Veggie Bend, Fruit, V- Sunbutter Sandwich	South American Red Beans & Rice Fruit, Veggie V-Same	Hoagie Cheese & Fresh Spinach, WG Hot Dog Bun, Greek Yogurt ,Fresh Fruit V-Same	Chicken, Brown Rice Quinoa with Orange Sauce Green Chickpeas, Pineapple V- Tofu	California Cheeseburger on WG Bun, Tomato, Lettuce, Fruit V- Veggie Burger
Snack	Pick Up Kix Apples, Sunbutter, Kix Cereal	WG Soft Baked Pretzels, Honey Mustard Dip, Fresh Veggie	Naan, Jicama Sticks, Tzatziki Dip	Hawaiian Roll & Ham	WG Black Bean Crackers & Milk
Breakfast	Sausage Patty, WG Bread, Fruit 21	Eggs, Fruit 22	WG Cereal, Fruit 23	24	WG Biscuit & Turkey Ham Slice, Fruit 25
Lunch	WG Mini Ravioli & Pasta Sauce Cottage Cheese, Parm Cheese, Fruit, Veggie V- Same	Diced Ham Mashed Potato Bowl Broccoli, WG Roll, Fruit V-Tofu	Chef's Choice Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	Center Closed	
Snack	WG Chex Mix, Bell Pepper Strips	Ranch & Cream Cheese WG Tortilla Roll Up, Milk	WG Cheez-Its, Fresh Fruit	WG Bread Stick, Vegetable, Fruit V- Baked Beans Greek Yogurt & Apples w/Cinnamon	
Breakfast	Eggs, Fruit 28	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 29	WG Roll w/ Cream Cheese, Turkey Ham Slice ,Fruit 30		
Lunch	Chicken Penne Alfredo Diced Chicken, WG Penne, Peas, Fruit V- Cheese	Italian Dunkers French Bread Pizza, Marinara Sauce Fruit, Bell Pepper V- Same	Meatballs in Orange Sauce Green Beans, WG Roll V- Veggie Burger		
Snack	Mango, WG Sweet Potato Crackers	Cottage Cheese & Peaches	Mini Bagel, Sunbutter, Blueberries		

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