




	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			English Muffin, Yogurt, Fruit Asian WG Fried Rice	WG Waffle, Cinnamon Applesauce Topping, Fruit	Oatmeal, Topping, Fruit
Lunch			Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	Tacos WG Tortilla, Taco Meat, Shredded Lettuce, Tomato, Fruit V-Black Beans	Chicken & Vegetable Soup Additional Veggie, WG Bread, Fruit V- Tofu
Snack			WG Goldfish, Fresh Fruit	Snap Peas & Apple Slices	Hummus, WG Breadstick
Breakfast	Greek Yogurt, Berries	Melted Cheese Tostada, Salsa, Fruit	WG Cereal, Fruit	Hard Cooked Eggs, Fruit	WG Turkey Sausage Breakfast Pizza, Fruit
Lunch	WG English Muffin Cheese & Bell Pepper Pizza Fruit V- Same	Indian Chicken Diced Chicken (Low Sodium) Rice/Pasta, Butter Chicken Sauce, Fruit, Vegetable V- Tofu	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese & Diced Ham Fruit, Green Chickpeas V- Mac N' Cheese	Meatloaf (Low Sodium) WG Bun, Green Beans, Fruit V- Cheese
Snack	WG Berry Graham Crackers, Applesauce	Tropical Dragon Fruit, WG Cracker	String cheese & Carrot Sticks	WG Muffin & Milk	WG Biscuit, Fresh Veggie
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit	WG Cereal, Fruit	WG Bagel, Cheese Slice, Fruit	WG French Toast Sticks, String Cheese, Fruit	Scrambled Egg Patty, Fruit
Lunch	Grilled Chicken w/BBQ Sauce WG Bun, Fruit, Vegetable V-Sun Butter	WG Pasta & Meatballs Vegetable, Fruit V-Cheese	Quesadilla WG Tortilla, Vegetarian Beans, Cheese, Spinach, Fruit V-Same	Chicken & WG Waffle w/ Orange Marmalade Vegetable, Fruit V- Greek Yogurt	Potato Skin Boats Diced Ham, Cheese, Broccoli Florets, WG Roll, Fruit V- Cheese
Snack	WG Black Bean Crackers & Black Beans w/Salsa	WG Tortilla & Sun Butter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Tzatziki Dip	Greek Yogurt & Pineapple	Pick Up Kix Apples, Sun Butter, Kix Cereal
Breakfast	English Muffin w/Melted Cheese, Fruit	Eggs Fruit	WG Cereal, Fruit	Center Closed	WG Biscuit & Turkey Sausage Patty Breakfast Sandwich,
Lunch	Chicken WG Penne w/Alfredo Sauce Fruit, Vegetable V- Tofu	Hungarian Goulash Ground Beef, Potatoes, WG Roll Fruit V- Tofu	Turkey, Cream Cheese & Spinach Tortilla Wrap, Fruit V-Cheese Slice -Sliced Cheese		Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain
Snack	WG Crackers, Applesauce	Milk & WG Chex Mix	Cheese Sandwich, Fresh Fruit		Greek Yogurt, Fruit
Breakfast	WG Cereal, Fruit	WG Tortilla, Sun Butter, Banana & Cheerio Wrap	English Muffin, Yogurt, Fruit Asian WG Fried Rice	WG Waffle, Cinnamon Applesauce Topping, Fruit	
Lunch	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	Tuna Salad Pita Sandwich Fruit, Fresh Spinach V- Same	Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	Tacos WG Tortilla, Taco Meat, Shredded Lettuce, Tomato, Fruit V-Black Beans	
Snack	Choose Two: Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	Choose Two: Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	WG Goldfish, 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