



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 2	Breakfast		WG Cereal, Meat/Meat Alternate, Fruit or Veggie 1	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 2	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers 3	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie 4
	Lunch		*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Sauce, Fruit, Veggie	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit
	Snack		String cheese & WG Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternate, Fruit, Veggie, Bread/Grain, Milk
Week 3	Breakfast	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie 7	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 8	Egg Patty, Avocado Spread, Croissant/WG English Muffin 9	Build My Waffle "Pizza" , Waffle, Cream Cheese, Berries 10	WG French Toast Sticks, Meat/Meat Alternate, Fruit 11
	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	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit & Veggie or Two Vegetables
	Snack	WG Champ Bite Crackers, Milk	WOTYC Snack Teddy Graham, Cheez its, Blueberry, Banana, Strawberry	WG Cheese Crackers, WG Cereals Medley, Fresh Veggie	Cheese on WG Bun	WG Biscuit, Fruit
Week 4	Breakfast	Apple/Pear, Sunbutter WG Pita 14	Protein Bowl Potatoes, Corn, Vegetarian Beans, WG Bread 15	Cheese WG Sandwich, Fruit or Veggie 16	WG Cereal, Ham Patty, Fruit or Veggie 17	WG Biscuit, Sausage Gravy, Veggie or Fruit 18
	Lunch	*Sloppy Sandwiches Meat/Meatless Crumble Choice, WG Bun, Fruit, Veggie	Chicken, Penne with Alfredo Sauce Green Veggie, Fruit	Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	*Beef Picadillo Brown Rice Quinoa, Beef Crumble, Fruit, Vegetable	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
	Snack	WG Cereal/Granola, Fruit	Build My Own Cucumber & Cheese "Sandwich"	Gogurt/Yogurt, Berries	Graham Crackers/Teddy Grahams, Milk	WG Goldfish, Fresh Fruit or Veggie
Week 1	Breakfast	Cheese, Fajita Veggies, WG Tortilla Wrap 21	French Toast, Cottage Cheese, Fruit or Veggie 22	Turkey Sausage Patty, WG Bread Choice Fruit or Veggie 23	Build My Parfait Yogurt, Berries & WG Cereal 24	WG English Muffin, Sunbutter Fruit or Veggie 25
	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	Black Bean, Cheese & Rice Bowl , Salsa, Fruit, Vegetable	Meatloaf Sweet Potatoes, Fruit, WG Roll
	Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa/Avocado	Pita Bread Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Veggie or Fruit	Mango & WG Chex Mix
Week 2	Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 28	WG Cereal, Meat/Meat Alternate, Fruit or Veggie 29	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 30		
	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 & Pasta Sauce, Fruit, Veggie		
	Snack	Build My Own Spinach/Lettuce, Deli Meat Roll Up	String cheese & WG Soft Pretzel	Naan, Fresh Veggie, Hummus		

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

Creating Future Healthier Generations



Our Food and Nutrition Mission

We provide good nutrition to empower children's physical, cognitive, emotional, and physical growth. We promote knowledge about nutrition to our children, families, and staff through education, communication, and by offering children healthier and diverse food choices.

Safe Food Environment-Outside Food

New Horizon Academy is striving for a SAFE FOOD ENVIRONMENT. We respectfully request your partnership in protecting our children with food allergies. Please do not bring any food or beverages into our school.

We Serve:

- Whole grain bread, pasta, cereal, and crackers
- Fruits and vegetables (fresh, frozen, and no sugar added)
- Milk (Whole Ages 1-2, Skim Ages 2 and up)
- Lower sodium and limited sugar
- Increased dietary fiber
- Protein at breakfast
- Vegetarian
- Cultural food exposure
- Variety!

We Do Not Serve:

- Peanuts/nuts
- Fried foods
- Juice
- Cookies/desserts
- Choking hazard foods (hot dogs, sausage links, grapes, popcorn, chips)



My Healthy Plate

Vegetables



Fruits



Grains



Proteins