



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Greek Yogurt, Berries 1	Melted Cheese Tortilla Wrap, Salsa, Fruit 2	WG Cereal, Chef's Choice Protein, Fruit 3	Hard Cooked Eggs, Fruit 4	WG Turkey Sausage Breakfast Pizza, Fruit 5
Lunch	WG English Muffin Cheese & Bell Pepper Pizza Fruit V- Same	*Baked Bean & Ground Beef Chili Mac Elbow Macaroni, Fruit, Veggie V- Additional Baked Beans	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	WG Tortilla & Sun Butter Roll Up, Fruit	String cheese & Fresh Veggie Sticks	Hard Boiled Egg, Oranges	WG Biscuit, Fresh Veggie
Breakfast	English Muffin w/Avocado Spread or Hummus, Fruit 8	WG Cereal, Chef's Choice Protein, Fruit 9	WG Bagel, Cheese Slice, Fruit 10	WG French Toast Sticks, String Cheese, Fruit 11	Scrambled Egg Patty, Fruit 12
Lunch	*Chicken WG Penne w/Alfredo Sauce Fruit, Black Eyed Peas V- Tofu	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 Choice Topped w/ Melted Cheese & Vegetarian Beans Green Vegetable, WG Roll V-Same
Snack	WG Crackers, Cottage Cheese	Fruit "Cheesecake" Graham Cracker, Cream Cheese/Yogurt, Fruit Choice	Pita Bread Chips, Veggie Sticks, Tzatziki Dip	Greek Yogurt & Pineapple	Pick Up Kix Apples, Sun Butter, Kix Cereal
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit 15	Eggs Fruit 16	WG Cereal, Chef's Protein Choice, Fruit 17	WG Pancake, Topping, Protein Choice, Fruit 18	WG Pita, Sunbutter, Fruit 19
Lunch	Grilled Chicken w/BBQ Sauce WG Bun, Fruit, Vegetable V-Sun Butter	*Arroz Con Queso (Rice & Cheese) Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	Turkey, Cream Cheese & Spinach, Tortilla/Pita Wrap Fruit V-Cheese Slice	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	*Polynesian Pizza WG Pizza Crust, Diced Ham, Cheese, Pineapple, Green Pepper, V- Cheese
Snack	WG Black Bean Crackers & Black Beans w/Salsa	WG Chex Mix, Fresh Veggie	Gogurt, Fresh Fruit	WG Cereal & Milk	Chref's Choice Choose Two: Protein, Fruit, Veggie, Grain, Milk
Breakfast	WG Cereal, Chef's Protein Choice, Fruit 22	WG Tortilla, Sun Butter, Banana & Cheerio Wrap 23	Chef's Choice Grain, Protein, Fruit, or Veggie 24	WG Waffle, Topping, Protein Choice, Fruit 25	Oatmeal, Topping, Chef's Choice Protein, Fruit 26
Lunch	*Hungarian Goulash Ground Beef Crumble, Potatoes, WG Bread, Fruit V- Meatless Crumble	Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Colored Cauliflower V- Cheese	*Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	Tacos WG Tortilla, Taco Meat, Shredded Lettuce, Tomato, Fruit V- Black Beans	Grilled Chicken Patty on WG Bun Vegetable, Fruit V- Veggie Burger
Snack	WG Soft Pretzel, Cheese Cubes	WG Cheez-Its, Mango	WG Goldfish, Milk	Snap Peas & Apple Slices w/Sunbutter	Hummus, WG Breadstick
Breakfast	Greek Yogurt, Berries 29	Melted Cheese Tortilla Wrap, Salsa, Fruit 30			
Lunch	WG English Muffin Cheese & Bell Pepper Pizza Fruit V- Same	*Baked Bean & Ground Beef Chili Mac Elbow Macaroni, Fruit, Veggie V- Additional Baked Beans			
Snack	WG Berry Graham Crackers, Applesauce	WG Tortilla & Sun Butter Roll Up, Fruit			

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 **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 * Kitchen Managers recipe for reference