



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Week 1				Oatmeal, Topping, Chef's Choice Protein, Fruit <b>1</b>
Lunch					<b>Grilled Chicken Patty on WG Bun</b> Vegetable, Fruit V- Veggie Burger
Snack					Hummus, WG Breadstick
Breakfast	Week 2	Greek Yogurt, Berries <b>4</b>	Melted Cheese Tortilla Wrap, Salsa, Fruit <b>5</b>	WG Cereal, Chef's Choice Protein, Fruit <b>6</b>	Hard Cooked Eggs, Fruit <b>7</b>
Lunch		<b>WG English Muffin Cheese &amp; Bell Pepper Pizza</b> Fruit V- Same	<b>*Baked Bean &amp; Ground Beef Chili</b> Mac Elbow Macaroni, Fruit, Veggie V- Additional Baked Beans	<b>Mac N' Cheese &amp; Diced Ham</b> Fruit, Green Chickpeas V- Mac N' Cheese	<b>WG Turkey Sausage Breakfast Pizza</b> , Fruit <b>8</b>
Snack		WG Berry Graham Crackers, Applesauce	WG Tortilla & Sun Butter Roll Up, Fruit	String cheese & Fresh Veggie Sticks	Hard Boiled Egg, Oranges
Breakfast	Week 3	English Muffin w/Avocado Spread or Hummus, Fruit <b>11</b>	WG Cereal, Chef's Choice Protein, Fruit <b>12</b>	WG Bagel, Cheese Slice, Fruit <b>13</b>	WG French Toast Sticks, String Cheese, Fruit <b>14</b>
Lunch		<b>*Chicken WG Penne w/Alfredo Sauce</b> Fruit, Black Eyed Peas V- Tofu	<b>WG Pasta &amp; Meatballs</b> Vegetable, Fruit V-Cheese	<b>*Quesadilla</b> WG Tortilla, Vegetarian Beans, Cheese, Spinach, Fruit V- Same	<b>Chicken &amp; WG Waffle w/ Orange Marmalade</b> Vegetable, Fruit V- Greek Yogurt
Snack		WG Crackers, Cottage Cheese	Tropical Dragon Fruit, Cheese	Pita Bread Chips, Veggie Sticks, Tzatziki Dip	Greek Yogurt & Pineapple
Breakfast	Week 4	<b>Chef's Choice</b> Grain, Meat/Meat Alternate, Fruit <b>18</b>	Eggs Fruit <b>19</b>	WG Cereal, Chef's Protein Choice, Fruit <b>20</b>	WG Pancake, Topping, Protein Choice, Fruit <b>21</b>
Lunch		<b>Grilled Chicken w/BBQ Sauce</b> WG Bun, Fruit, Vegetable V-Sun Butter	<b>*Arroz Con Queso (Rice &amp; Cheese)</b> Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	<b>Turkey, Cream Cheese &amp; Spinach, Tortilla/Pita Wrap</b> Fruit V-Cheese Slice	<b>Scrambled Egg Burrito</b> WG Tortilla, Cheese, Salsa, Veggie V- Same
Snack		WG Black Bean Crackers & Black Beans w/Salsa	WG Chex Mix, Fresh Veggie	Gogurt, Fresh Fruit	WG Cereal & Milk
Breakfast	Week 1	WG Cereal, Chef's Protein Choice, Fruit <b>25</b>	WG Tortilla, Sun Butter, Banana & Cheerio Wrap <b>26</b>	<b>Chef's Choice</b> Grain, Protein, Fruit or Veggie <b>27</b>	WG Waffle, Topping, Protein Choice, Fruit <b>28</b>
Lunch		<b>*Hungarian Goulash</b> Ground Beef Crumble, Potatoes, WG Bread, Fruit V- Meatless Crumble	<b>Italian Dunkers</b> Melted Cheese on WG Bun, Marinara Sauce, Fruit, Colored Cauliflower V- Cheese	<b>*Asian WG Fried Rice</b> Diced Chicken, Edamame, Fruit V-Tofu	<b>Tacos</b> WG Tortilla, Taco Meat, Shredded Lettuce, Tomato, Fruit V- Black Beans
Snack		WG Soft Pretzel, Cheese Cubes	WG Cheez-Its, Mango	WG Goldfish, Milk	Snap Peas & Apple Slices w/Sunbutter
					Oatmeal, Topping, Chef's Choice Protein, Fruit <b>29</b>
					<b>Grilled Chicken Patty on WG Bun</b> Vegetable, Fruit V- Veggie Burger
					Hummus, WG Breadstick

**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**

# 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

