New Horizon Academy

Colorado
May 2024

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Breakfast	1	2	WG Cereal, Chef's Choice Protein , Fruit **1**	Hard Cooked Eggs, Fruit **2**	WG Turkey Sausage Breakfast Pizza, Fruit **3**
	Lunch			**Chef's Choice** Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	**Mac N' Cheese & Diced Ham** Fruit, Green Chickpeas V- Mac N' Cheese	***Chicken WG Penne & Alfredo Sauce** Black Eyed Peas, Fesh Fruit V-Cheese
	Snack			String cheese & Fresh Veggie Sticks	WG Biscuit & Sunbutter, Fresh Fruit	Pita Bread, Jicama Sticks, Tzatziki Dip
Week 3	Breakfast	English Muffin w/Avocado Spread or Hummus, Fruit **6**	WG Cereal, Chef's Choice Protein, Fruit **7**	WG Bagel, Cheese Slice, Fruit **8**	WG French Toast Sticks, String Cheese, Fruit **9**	Scrambled Egg Patty, Fruit **10**
	Lunch	**Pollock (Fish) Sticks,** WG Bun Veggie, Fruit, V-Same	**WG Pasta & Meatballs** Vegetable, Fruit V-Cheese	***Asian Chicken Wrap** WG Tortilla, Coleslaw Mix, Fruit, Dressing V-Vegetarian Beans	**Chicken Thighs** Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread V- Beans	***Quesadilla** WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit V- Same
	Snack	WG Crackers, Cottage Cheese	**Fruit "Cheesecake"** Graham Cracker,Yogurt, Fruit Choice	Pretzel Goldfish & Cauliflower 0r Broccoli	Greek Yogurt & Pineapple	**Pick Up Kix** Apples, Sun Butter, Kix Cereal
Week 4	Breakfast	**Chef's Choice** Grain, Meat/Meat Alternate, Fruit **13**	Eggs Fruit **14**	WG Cereal, Chef's Protein Choice, Fruit **15**	WG Pancake, Topping, Protein Choice, Fruit **16**	WG Pita, Sunbutter, Fruit **17**
	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	***Chicken Ranch WG Pita Pocket** Romain Lettuce, Diced Tomatoes, Fruit V-Cheese	**Sausage & Cheese on WG Hoagie Roll** Green Veggie, Fruit V- Same- Meatless Crumble	**Meatloaf (low sodium)** Cauliflower Rice, Fruit, WG Roll V- Tofu
	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
Week 1	Breakfast	WG Cereal, Chef's Protein Choice, Fruit **20**	WG Tortilla, Sun Butter, Banana & Cheerio Wrap **21**	**Chef's Choice** Grain, Protein, Fruit, or Veggie **22**	WG Waffle, Topping, Protein Choice, Fruit **23**	Muffin, Chef's Choice Protein, Fruit **24**
	Lunch	**Chef's Choice** Protein Fruit, Vegetable, WG Bread/Grain	***Chickpea Salad WG Sandwich** Veggie, Fruit V- Same	**Chicken & WG Waffles w/Orange Marmalade** Veggie, Fruit V- Greek Yogurt	***Chicken & Rotini Pasta Salad** Cheese, Broccoli, Fruit V- Garbanzo Beans	**Italian Dunkers** Melted Cheese on WG Bun, Marinara Sauce, Fruit, Colored Cauliflower V- Cheese
	Snack	WG Soft Pretzel, Cheese Cubes	WG Cheez-Its, Mango	WG Goldfish, Milk	Snap Peas & Apple Slices w/Sunbutter	Hummus, WG Breadstick
Week 2	Breakfast	27	Melted Cheese WG Tortilla Wrap, Salsa, Fruit **28**	WG Cereal, Chef's Choice Protein , Fruit **29**	Hard Cooked Eggs, Fruit **30**	WG Turkey Sausage Breakfast Pizza, Fruit **31**
	Lunch	**NHA Closed**	**WG Lasagna Roll Up**, Pasta Sauce, Cottage Cheese, Snap Peas, Vegetable V-Same	**Chef's Choice** Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	**Mac N' Cheese & Diced Ham** Fruit, Green Chickpeas V- Mac N' Cheese	***Chicken WG Penne & Alfredo Sauce** Black Eyed Peas, Fesh Fruit V-Cheese
	Snack		Hummus & WG Breadstick	String cheese & Fresh Veggie Sticks	WG Biscuit & Sunbutter, Fresh Fruit	Pita Bread, Jicama Sticks, Tzatziki Dip

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**