




		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	Breakfast	Sausage Patty English Muffin Sandwich, Fruit 3	Eggs, WG Bread, Fruit 4	WG Bagel, Cream Cheese, Turkey Slice, Fruit 5	WG Cereal, Light String Cheese, Fruit 6	WG Buttermilk Biscuit and Cheese, Fruit 7
	Lunch	Red Pozole Stew Tomato Soup, Chicken, Hominy, Fruit V= Tofu/Tempeh	Turkey Spinach Alfredo Bake WG Tri-Color Rotini, Vegetable, Fruit V=Cheese	Meatloaf WG Roll, Vegetable, Fruit V= Veggie Burger	Quesadilla WG Tortilla, Vegetarian Beans, Cheese. Veggie. Fruit V=Same	Thai Chicken & WG Noodles Vegetable, Fruit V=Tofu.Tempeh
	Snack	WG Chex Mix, Milk	WG SunButter Sandwich, Apples	Greek Yogurt & Berries	WG Goldfish Crackers, Veggie Sticks	WG Cereal and Milk
Week 1	Breakfast	WG Blueberry Muffin, Cheese, Fruit 10	Scrambled Eggs, WG Bread, Fruit 11	WG Sandwich Thin w/ SunButter, Fruit 12	WG Waffle Sticks Greek Vanilla Yogurt Dip, Fruit 13	WG Cereal, Lt. String Cheese ,Fruit 14
	Lunch	Beef Picadillo Beef Crumble, Brown Rice, Marinara Vegetable. Fruit V=Meatless Crumble	Cheese WG English Muffin Pizza Yogurt, Fruit, Vegetable V=Same	Chef's Choice Meat/Meat Alternate Fruit, Vegetable. WG Bread/Grain	Chicken Curry & Brown Rice Quinoa Fruit, Vegetable V=Tofu/Tempeh	Diced Turkey, Mashed Potatoes, & Gravy , WG Roll, Fruit V=Tofu/Tempeh
	Snack	Fresh Veggies, WG Black Bean Crackers	Strawberries, Graham Crackers	WG Mozzarella Breadstick, Marinara, Fruit	Cinnamon Pears & Cheese	WG Tortilla, Banana & SunButter Rollup
Week 2	Breakfast	Hard Cooked Eggs, WG Biscuit, Fruit 17	WG Bagel, Cheese Slice, Avocado 18	WG Pancakes, Sunbutter, Fruit 19	WG Cereal, Greek Yogurt, Fruit 20	Turkey Sausage Breakfast Pizza, Fruit 21
	Lunch	South American Red Beans & Rice Vegetable, Fruit V=Same	Ham, Broccoli & Cheese Potato Boat WG Roll, Fruit V=Tofu/Tempeh	Teriyaki Chicken & WG Fried Rice Edamame. Fruit V=Tofu/Tempeh	Turkey Tacos WG Tortilla, Cheese, Black Beans, Fruit V=Cheese/Black	Pasta & Meatballs with Sauce Green Beans, Fruit V=Meatless
	Snack	WG Cereal Mix, Fruit	Turkey on WG Bun	WG Goldfish Grahams, Mango	Corn Muffin, Bell Pepper Slices	Cucumbers, Lt. String Cheese
Week 3	Breakfast	WG Cereal, Greek Yogurt, Fruit 24	WG English Muffin w/Sunbutter, Fruit 25	Omelet, Fruit 26	WG French Toast Sticks, Cinnamon Yogurt Dip, Fruit 27	WG Banana Bread, Lt. String Cheese 28 Fruit
	Lunch	Turkey Fiesta Mac & Cheese Vegetable, Fruit V=Tofu/Tempeh	WG Mini Ravioli w/Pasta Sauce Cheese Stick, WG Roll, Fruit, Veggie, V=Same	Grilled Chicken Nuggets Yogurt, Fruit, Veggie, Roll V=Cheese	California Burger on WG Bun Cheese, Tomato, Sweet Potato V=Veggie Burger	Shredded BBQ Chicken and Cheese WG Bun, Fruit, Baked Beans V=Tofu/Tempeh
	Snack	Pick Up Kix Apples, Sunbutter, Kix	Naan, Jicama, Tzatziki Dip	WG Soft Baked Pretzels, Honey Mustard Dip, Fresh Fruit	Tropical Dragon Fruit, WG Sweet Potato Crackers	WG Berry Crackers & Milk
Week 4	Breakfast	Center Closed 31				
	Lunch					
	Snack					

MEAL STANDARD GUIDELINES: Milk is served with 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 *Menu is subject to change