



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					Eggs, WG Bread, Fruit 1
Lunch					Turkey/Ham & Cheese on WG Bun LS Chicken Noodle Soup Romaine Lettuce, Fruit V-Cheese
Snack					WG Tortilla Taco Cream Cheese Roll up, Mango
Breakfast	WG Pancakes, Greek Yogurt Dip, Fruit 4	Oatmeal, Sunbutter Topping, Fruit 5	WG Cereal, Ham Patty, Fruit 6	Hard Cooked Eggs, WG Biscuit, Fruit 7	Turkey Sausage Breakfast Pizza, Fruit 8
Lunch	South American Red Beans & Rice Vegetable, Fruit V- Same V=Same	Shredded BBQ Chicken on WG Bun Vegetable, Fruit V-Cheese	WG Pollock Fish Tacos Coleslaw, WG Tortilla, Fruit V-Same	WG Pasta & Meatballs with Sauce Vegetable, Fruit V=Meatless Crumble	Asian WG Chicken Fried Rice Edamame, Corn, Fruit V=Tofu/Tempeh
Snack	WG Cereal Mix, Fruit	WG Soft Baked Pretzels, Honey Mustard Dip, Fresh Fruit	WG Crackers, Fresh Fruit	Cream Cheese & Bell Pepper WG Tortilla Roll up	Cheddar Cheese Curds, Cucumbers & Dip
Breakfast		WG English Muffin ,Sunbutter, Fruit 11	Omelet, WG Bread, Fruit 12	WG French Toast Sticks, Cinnamon Yogurt Dip, Fruit 13	WG Cereal, Cottage Cheese, Fruit 14
Lunch	Closed for Professional Development	Chicken WG Penne Alfredo Fruit, Vegetable, WG Roll V- Tofu/Tempeh	California Burger on WG Bun Cheese, Tomato, Lettuce, Sweet Potato V-Veggie Burger	WG Mac & Cheese & Diced Turkey Ham Vegetable, Fruit V-Vegetarian Beans	Red Pozole Stew Tomato Florentine Soup, Chicken, Hominy, WG Tortilla, Fruit V- Tofu
Snack		Fresh Fruit, Cheese Cubes	Naan, Jicama Sticks, Tzatziki Dip	Tropical Dragon Fruit, WG Sweet Potato Crackers	WG Biscuit & Milk
Breakfast	Sausage Patty English Muffin Cheese Sandwich, Fruit 18	Eggs, WG Bread, Fruit 19	WG Bagel, Cream Cheese, Turkey, Fruit 20	WG Cereal, String Cheese, Fruit 21	WG Buttermilk Biscuit, Sunbutter, Fruit 22
Lunch	Mini Ravioli, Cheese WG Breadstick, Fruit, Vegetable V= Tofu/Tempeh	Diced Turkey Mashed Potato & Gravy Bowl Broccoli, Fruit, WG Roll V- Cheese	Diced Ham & Macaroni Salad WG Roll, Fruit, Vegetable V- Cheese	Pineapple Chicken Brown Rice, Fruit, Vegetable V-Tofu/Tempeh	WG Cheese Calzone with Marinara Sauce Yogurt, Fruit, Veggie,
Snack	WG Chex Mix and Milk	WG SunButter Sandwich, Fruit	Greek Yogurt & Berries	Salsa & Cream Cheese WG Tortilla Roll Up, Veggie Sticks	Cottage Cheese, Fresh Veggies
Breakfast	Oatmeal, Toppings, Fruit Fruit 25	WG Sandwich Thin w/ SunButter, Fruit 26	WG Cereal, Greek Yogurt, Fruit 27	WG Waffle Greek Vanilla Yogurt Dip, Fruit 28	Scrambled Eggs, WG Bread, Fruit 29
Lunch	Mighty Meatloaf w/BBQ Sauce WG Roll, Green Beans, Fruit V-Tofu/Tempeh	Cheese Flatbread/English Muffin Pizza , Yogurt, Fruit, Vegetable V=Same	Chef's Choice Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	Grilled Chicken Nuggets WG Brown Rice Quinoa, Fruit, Broccoli/Cauliflower Blend V-Tofu	Turkey/Ham & Cheese on WG Bun Chicken Noodle Soup Romaine Lettuce, Fruit V-Cheese
Snack	Fresh Mushrooms, Dip, WG Black Bean Crackers	Pita Triangles, Zucchini Sticks, Hummus	WG Mozzarella Breadstick, Marinara, Fruit	Turkey on WG Bun	WG Tortilla Taco Cream Cheese Roll up, Mango

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) LS= Lower Sodium V=Vegetarian for children that practice exclusively vegetarian *Menu is subject to change

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