



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			WG Cereal, Fruit <b>1</b>	Hard Cooked Eggs, Fruit <b>2</b>	WG Turkey Sausage Breakfast Pizza, Fruit <b>3</b>
Lunch			<b>Chef's Choice</b> Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain	<b>Hoagie</b> Cheese & Fresh Spinach, WG Hot Dog Bun, Greek Yogurt, Fresh Fruit V-Same	<b>Chicken &amp; Refried Bean Chalupas</b> Corn Tortilla, Vegetable, Fruit V- Cheese
Snack			WG Tortilla, Cream Cheese & Ham Roll Ups	Cereal & Milk	String cheese & Carrot Sticks
Breakfast	Oatmeal & Toppings, Fruit <b>6</b>	WG Blueberry Muffin, Greek Yogurt, Fruit <b>7</b>	WG Bagel, Cream Cheese, Fruit <b>8</b>	WG French Toast Sticks, Cottage Cheese, Fruit <b>9</b>	Eggs, Fruit <b>10</b>
Lunch	<b>Grilled Chicken Nuggets or Strips</b> WG Roll, Sweet Potato Veggie Bend, Fruit, V- Sunbutter Sandwich	<b>Santa Fe Burrito</b> WG Tortilla, Brown Rice, Vegetarian Beans, Cheese, Salsa Veggie & Fruit V- Same	<b>Mac N Cheese &amp; Ham</b> Broccoli, Fruit V- Cottage Cheese	<b>Chicken &amp; Arroz Con Queso (Rice w/Cheese)</b> Green Chickpeas, Fruit V - Tofu	<b>Hamburger</b> , WG Bun, Lettuce, Tomato, Fruit V- Same
Snack	Graham Crackers & Milk	WG Soft Baked Pretzels, Honey Mustard Dip, Cucumbers	Naan, Jicama Sticks, Tzatziki Dip	Hawaiian Roll & Pineapple	<b>Pick Up Kix</b> Apples, Sunbutter, Kix Cereal
Breakfast	Sausage Patty, WG Bread, Fruit <b>13</b>	Egg, Mango Peach Salsa Tortilla Wrap, Fruit <b>14</b>	WG Cereal, Fruit <b>15</b>	English Muffin w/Melted Cheese, Fruit <b>16</b>	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit <b>17</b>
Lunch	<b>Pineapple Chicken &amp; WG Rice</b> Fruit, Vegetable V-Tofu	<b>Diced Turkey Mashed Potato Bowl</b> Broccoli, WG Roll, Fruit V-Tofu	<b>Chef's Choice</b> Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	<b>Chicken Penne &amp; Alfredo Sauce</b> Diced Chicken, WG Penne, Peas, Fruit V- Cheese	<b>Hungarian Goulash</b> Beef Crumble, Diced Potatoes, WG Bread Choice, Fruit V- Tofu
Snack	Mango, WG Black Bean Crackers	Ranch & Cream Cheese WG Tortilla Roll Up, Milk	WG Cheez-Its, Fresh Fruit	WG Chex Mix, Bell Pepper Strips	Greek Yogurt & Mandarin Oranges
Breakfast	Sausage Patty, WG Bread, Fruit <b>20</b>	WG Tortilla, Sunbutter, Banana & Cheerio Wrap <b>21</b>	WG Cereal, Fruit <b>22</b>	Eggs, Fruit <b>23</b>	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit <b>24</b>
Lunch	<b>Pineapple Chicken &amp; WG Rice</b> Fruit, Vegetable V-Tofu	<b>Diced Turkey Mashed Potato Bowl</b> Broccoli, WG Roll, Fruit V-Tofu	<b>Chef's Choice</b> Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain	<b>Chicken Penne &amp; Alfredo Sauce</b> Diced Chicken, WG Penne, Peas, Fruit V- Cheese	<b>Hungarian Goulash</b> Beef Crumble, Diced Potatoes, WG Bread Choice, Fruit V- Tofu
Snack	Mango, WG Black Bean Crackers	Ranch & Cream Cheese WG Tortilla Roll Up, Milk	WG Cheez-Its, Fresh Fruit	WG Chex Mix, Bell Pepper Strips	Greek Yogurt & Mandarin Oranges
Breakfast	Melted Cheese Tostada, Mango Peach Salsa <b>27</b>	Greek Yogurt, Granola, Berries <b>28</b>	WG Cereal, Fruit <b>29</b>	Hard Cooked Eggs, Fruit <b>30</b>	WG Turkey Sausage Breakfast Pizza, Fruit <b>31</b>
Lunch	<b>WG Pasta, Meatballs &amp; Pasta Sauce</b> Fresh Veggie, Pineapple V- Veggie Meatballs	<b>Chicken &amp; Waffles</b> Vegetable, Fruit V- Sunbutter	<b>Chef's Choice</b> Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain	<b>Hoagie</b> Cheese & Fresh Spinach, WG Hot Dog Bun, Greek Yogurt, Fresh Fruit V-Same	<b>Chicken &amp; Refried Bean Chalupas</b> Corn Tortilla, Vegetable, Fruit V- Cheese
Snack	Crackers & Fruit	Tropical Dragon Fruit, Cauliflower	WG Tortilla, Cream Cheese & Ham Roll Ups	Cereal & Milk	String cheese & Carrot Sticks

**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