




	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			Turkey Sausage Patty, English Muffin, Fruit	WG Waffle, Cinnamon Applesauce Topping, Fruit	Oatmeal, Toppings, Fruit
Lunch			Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	Meatloaf WG Bun, Beans, Fruit V- Cheese	Red Pozole Stew , Diced Chicken, Tomato Soup, Chickpeas, WG Bread, Fruit V- Tofu
Snack			WG Cheez-Its, Veggie or Fruit	Snap Peas & Apple Slices	Fresh Broccoli, WG Crackers
Breakfast	Greek Yogurt, Berries	Melted Cheese on Corn Tortilla, Salsa, Fruit	WG Cereal, Fruit	Hard Cooked Eggs, Fruit	WG Turkey Sausage Breakfast Pizza, Fruit
Lunch	WG English Muffin Cheese Pizza Veggie , Fruit V- Same	Orange Chicken WG Pasta or Rice, Orange Sauce, Fruit, Vegetable V-Tofu	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese- Reduced Sodium Ham, Fruit, Green Chickpeas V- Same	Chicken & Refried Bean Chalupas Corn Tortilla, Vegetable, Fruit V- Cheese
Snack	WG Graham Crackers, Applesauce	Tropical Dragon Fruit, WG Muffin	String cheese & Carrot Sticks	WG English Muffin, Sun Butter & Fruit	WG Biscuit & Jicama Sticks
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit	WG Cereal, Fruit	WG Bagel, Fruit	WG French Toast Sticks, Cottage Cheese, Fruit	Omelet, Fruit
Lunch	Grilled Chicken Strips (Low Sodium) Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Sun Butter	Meatballs & Penne Pasta Pasta Sauce, Vegetable, Fruit V- Cheese	California Cheeseburger WG Bun, Lettuce, Tomato, Fruit V- Veggie Burger	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu	Potato Skin Boats Diced Ham, Cheese, Broccoli Florets, WG Roll, Fruit V- Cheese
Snack	WG Bean Vegetable Crackers & Black Beans w/Salsa	WG Tortilla & Sun Butter Roll Up, Fruit	Pita Bread Chips, Veggie Sticks, Hummus	Greek Yogurt & Pineapple	Pick Up Kix Apples, Sun Butter, Kix Cereal
Breakfast	WG English Muffin w/Melted Cheese, Fruit	Scrambled Eggs, Fruit	WG Cereal, Fruit	Center Closed	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit
Lunch	Pollock (Fish) on WG Bun Coleslaw, Fruit, V-Same	Hungarian Goulash Ground Beef, Potatoes, WG Roll Fruit V-Cheese	Turkey, Cream Cheese, Spinach, WG Tortilla Wrap , Fruit V- Sliced Cheese		Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain
Snack	Greek Yogurt & Mandarin Oranges	WG Chex Mix, Cheese Stick	WG Crackers, Fresh Fruit		Fresh Broccoli, WG Crackers
Breakfast	WG Cereal, Fruit	WG Tortilla, Sun Butter, Banana & Cheerio Wrap	Turkey Sausage Patty, English Muffin, Fruit	WG Waffle, Cinnamon Applesauce Topping, Fruit	
Lunch	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	Tuna Salad Boat Hawaiian Slider Bun, Fruit, Fresh Spinach V- Same	Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	Meatloaf WG Bun, Beans, Fruit V- Cheese	
Snack	Choose Two: Meat/Meat Alternate, Fruit, Veggie, Grain, Milk	Cheese & WG Bun	WG Cheez-Its, Veggie or Fruit	Snap Peas & Apple Slices	

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 **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