



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		WG Cereal, Meat/Meat Alternate, Fruit or Veggie 1	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 2	Eggs, Biscuit, Fruit or Veggie 3	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie 4
Lunch		*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Veggie, Fruit	WG Mac N' Cheese Vegetarian Beans, Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit
Snack		String cheese & WG Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternate, Fruit, Veggie, Bread/Grain, Milk
Breakfast	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie 7	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 8	Eggs, Avocado Spread, Croissant/WG English Muffin 9	Build My WG Waffle "Pizza" , Cream Cheese/Yogurt, Berries 10	WG French Toast Sticks, Meat/Meat Alternate, Fruit 11
Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	Mighty Mushroom, Cheese & Sausage Crumble Pizza WG Crust Choice, Fruit or Additional Veggie	Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato	Fish Sticks Green Vegetable, Fruit, WG Bun	Chef's Choice Meat/Meat Alternate Fruit # Vegetable or Additional Vegetable, WG Bread/Grain
Snack	WG Champ Bite Crackers, Fruit	WOTYC Snack Teddy Graham, Cheez its, Blueberry, Banana, Strawberry	WG Cheese Crackers & WG Cereal(s) Medley, Milk	Cheese on WG Bun	Turkey/Cream Cheese WG Tortilla Pinwheels
Breakfast	SunButter WG Sandwich, Fruit or Veggie 14	Protein Bowl Potatoes, Corn, Vegetarian Beans, WG Bread 15	Apple/Pear, Sunbutter Pita 16	WG Cereal, Ham Patty, Fruit or Veggie 17	WG Biscuit, Sausage Gravy, Veggie or Fruit 18
Lunch	Shredded BBQ Pork or Chicken WG Bread Choice, Vegetable, Fruit	Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	*Sloppy Sandwiches Meat/Meatless Crumble Choice, Cheese, WG Bun, Fruit, Veggie	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack	Granola, Milk	Build My Own Cucumber & Cheese "Sandwich"	Yogurt/Gogurt, Berries	Graham Crackers/Teddy Grahams, Milk	WG Goldfish, Fresh Fruit
Breakfast	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG 21	WG French Toast, Cottage Cheese, Fruit or Veggie 22	Turkey Sausage Breakfast Sandwich Fruit or Veggie 23	Build My Own Parfait Yogurt, Berries & WG Cereal 24	WG English Muffin, Sunbutter Fruit or Veggie 25
Lunch	California Hamburger WG Bun, Tomato, Lettuce, Vegetarian Beans	Shepherd's Pie Beef Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable	WG Chicken Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Mexican Chicken Grilled Chicken, Shredded Cheese, Rice, Black Beans, Avocado	Meatloaf Sweet Potatoes, Fruit, WG Roll
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Veggie or Fruit	Mango & WG Chex Mix
Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 28	WG Cereal, Meat/Meat Alternate, Fruit or Veggie 29	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 30		
Lunch	*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots	*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Veggie, Fruit		
Snack	Spinach/Lettuce, Deli Meat Roll Up	String cheese & WG Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus		

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, Oatmeal **Fruits and vegetables:** Fresh/frozen, canned (no sugar added)

Raw, Hard vegetables: steamed or substituted for infants/toddlers **Yogurt:** No more than 12 grams of added sugar per 6 oz **Water:** Offered and available throughout the day

WG=Whole Grain (served 2-3 meals/day) Vegetarian substitutions offered for children that practice exclusively vegetarian **Honey:** Not served to children under age 1

* Kitchen Managers recipe for reference

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