



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Breakfast Greek Yogurt, Berries 1	Melted Cheese on Tortilla, Salsa, Fruit 2	WG Cereal, Protein Chef's Choice, Fruit 3	Hard Cooked Eggs, Fruit 4	WG Turkey Sausage Breakfast Pizza, Fruit 5
	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 Tortilla, Vegetable, Fruit V- Cheese
	Snack WG Graham Crackers, Milk	Tropical Dragon Fruit, WG Muffin	String cheese & Carrot Sticks	WG English Muffin & Sun Butter	WG Crackers & Fresh Veggie
Week 3	Breakfast WG English Muffin w/Melted Cheese, Fruit 8	WG Cereal, Protein Chef's Choice, Fruit 9	WG Bagel, Protein Chef's Choice, Fruit 10	WG French Toast Sticks, Protein Chef's Choice, Fruit 11	Omelet, Fruit 12
	Lunch Pollock (Fish) on WG Bun Coleslaw, Fruit, V-Same	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 Bowl Diced Ham, Cheese Mashed Potatoes, Broccoli, Roll, Fruit or Vegetable V- Cheese
	Snack Cottage Cheese & Mandarin Oranges	Fruit "Cheesecake" Graham Cracker, Cream Cheese/Yogurt, Fruit Choice	Pita Bread Chips, Veggie Sticks, Hummus	WG Cracker & Pears	Pick Up Kix Apples, Sun Butter, Kix Cereal
Week 4	Breakfast Turkey on WG Bread Choice, Fruit 15	Scrambled Eggs, Fruit 16	WG Cereal, Protein Chef's Choice, Fruit 17	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 18	WG Pancake, Yogurt, Fruit 19
	Lunch *Bake Bean & Beef Crumble Chili Vegetable, Fruit, Corn Muffin	*Arroz Con Queso (Rice & Cheese) Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	Turkey, Cheese, Spinach on Croissant Fruit V- Sliced Cheese	Scrambled Egg Burrito WG Tortilla, Cheese, Salsa, Veggie V- Same	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain
	Snack Soft Pretzel, Fresh Veggie	WG Chex Mix, Cheese Stick	Gogurt, Fresh Fruit	Fresh Veggies, WG Crackers	Goldfish, Milk
Week 1	Breakfast Chef's Choice Grain, Meat/Meat Alternate, Fruit 22	WG Tortilla, Sun Butter, Banana & Cheerio Wrap 23	Turkey Sausage Patty, English Muffin, Fruit 24	WG Waffle, Topping, Protein Choice, Fruit 25	Oatmeal, Toppings, Protein Choice, Fruit 26
	Lunch Grilled Chicken Strips (Low Sodium) Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Sun Butter	Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Cauliflower V- Cheese	Asian WG Fried Rice Diced Chicken, Edamame, Fruit V-Tofu	Vegetable Lasagna Cheese, WG Bun, Fruit, Garden Salad V- Same	*Red Pozole Stew , Diced Chicken, Tomato Soup, Chickpeas, WG Bread, Fruit V- Tofu
	Snack Chef's Choice Choose Two : Meat/Meat Alternate, Fruit, Veggie,	WG Cheez-Its, Fruit	Cheese & WG Bun	Snap Peas & Apple Slices	Fresh Broccoli, WG Crackers
Week 2	Breakfast Greek Yogurt, Berries 29	Melted Cheese on Tortilla, Salsa, Fruit 30			
	Lunch WG English Muffin Cheese Pizza Veggie, Fruit V- Same	Orange Chicken WG Pasta or Rice, Orange Sauce, Fruit, Vegetable V- Tofu			
	Snack WG Graham Crackers, Milk	Tropical Dragon Fruit, WG Muffin			

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 * Kitchen Managers recipe for reference