



	Monday		Tuesday		Wednesday		Thursday		Friday		
Breakfast	Week 2					Eggs. Hashbrowns/Diced Potatoes, Potato Bowl, Bread	1	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie	2		
Lunch						WG Mac N’ Cheese Vegetarian Beans Fruit, Green Vegetable		Mashed Potato Boat Cheese. Ham, Edamame/Broccoli, WG Roll			
Snack						Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip		WG Chex Mix (Cheddar or Strawberry) & Milk			
Breakfast	Week 3	WG Bagel/English Muffin, Cheese, Fruit or Veggie	5	WG Cereal, Gogurt/Greek Yogurt, Fruit or Veggie	6	Apple/Pear, Sunbutter WG Pita	7	Build My WG Waffle “Pizza” Yogurt, Berries	8	WG French Toast, Meat/Meat Alternate (extra), Fruit/Veggie	9
Lunch		*Build My Own Hoagie Sandwich Deli Meat, Hoagie Bun, Veggie Toppings, Fruit		Mighty Mushroom, Cheese & Sausage Crumble Pizza WG Crust Choice, Fruit or Additional Veggie		Tacos WG Tortilla, Meat/Vegetarian Bean Filling, Cheese, Lettuce, Tomato		WG Pollock (Fish) Sticks or Patty Veggie, Fruit, WG Bread Choice		Chicken, Beef, Turkey or Vegetarian Beans Fruit & Vegetable or Two Vegetables, WG Bread/Grain	
Snack		WG Champ Bite Crackers, Fruit		Teddy Grahams, Milk		WG Cheese Crackers & WG Cereal(s) Medley, Fresh Veggie		Cheese on WG Bun		WG Buttermilk Biscuit, Fresh Fruit	
Breakfast	Week 4	Pancake & Sunbutter Sandwich, Fruit or Veggie	12	Protein Bowl Potatoes, Corn, Vegetarian Beans, WG Bread	13	Eggs, Avocado Spread, Croissant/WG English Muffin	14	WG Cereal, Breakfast Sausage Patty, Fruit or Veggie	15	WG Biscuit, Sausage Gravy, Veggie or Fruit	16
Lunch		Shredded BBQ Pork or Chicken WG Bread Choice, Vegetable, Fruit		Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit		Meatball & Marinara Sub Sandwich Fruit & Vegetable or Two Veggies		*Chicken Strawberry & Blueberry Romaine Salad, WG Bun or Breadstick		WG Lasagna Roll Ups Shredded Cheese, Sauce Choice, Fruit, Veggie	
Snack		Cinnamon Granola, Milk		Build My Own Cucumber & Cheese “Sandwich”		Gogurt/Yogurt, Berries		WG Cracker, Applesauce Cup		WG Goldfish, Fresh Fruit or Veggie	
Breakfast	Week 1	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG	19	WG French Toast Sticks, Cottage Cheese, Fruit or	20	WG Breakfast Sausage Sandwich, Fruit or Veggie	21	Build My Own Parfait Greek Yogurt, Berries & WG Cereal	22	WG English Muffin, SunButter Fruit or Veggie	23
Lunch		California Hamburger WG Bun, Tomato, Lettuce, Vegetarian Beans		*Asian Chicken WG Tortilla Wrap Coleslaw, Fruit		*Pasta Salad, Diced Ham & Bell Peppers, Fruit		*Black/Refried Bean & Cheese WG Quesadilla, Fruit, Vegetable		*Sunny Lemon Chicken WG Bun, Fruit, Veggie	
Snack		WG Black Bean Vegetable Crackers, Black Beans with Salsa		Corn Bread, Veggie Sticks, Dip		Cheese & Fresh Fruit		WG Bagel, Veggie or Fruit		Mango/ Papaya & WG Cereal	
Breakfast	Week 2		26	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie	27	Build my Own Bowl Cottage Cheese, Fruit Mix, Granola	28	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers	29	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie	30
Lunch		NHA Closed		Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable		Grilled Chicken Spinach & Mandarin Orange Salad, WG Breadstick		WG Mac N’ Cheese Vegetarian Beans Fruit, Green Vegetable		Mashed Potato Boat Cheese, Ham,Edamame, WG Bread, Fruit	
Snack				String cheese & WG Soft Pretzel/Breadstick, Honey Mustard		Naan, Fresh Veggie, Red Pepper Hummus		Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip		WG Chex Mix (Cheddar or Strawberry) & Milk	

**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 **Breakfasts** include a meat/meat alternate as an **extra** component to provide additional protein which exceeds the USDA meal pattern requirements. **\* Recipe Available for Kitchen Managers**

# 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

