



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			WG Cereal, Chef's Protein Choice, Fruit <b>1</b>	Hard Cooked Eggs, Fruit <b>2</b>	WG Pancake, Yogurt Topping, Fruit <b>3</b>
Lunch			<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>WG Mac N' Cheese &amp; Diced Ham</b> Fruit, Green Veggie V- Mac N' Cheese	<b>*Chicken WG Penne &amp; Alfredo Sauce Veggie, Fresh Fruit V-Cheese</b>
Snack			String cheese & Fresh Veggie Sticks	Fresh Veggie & WG Cracker	WG Biscuit, Fruit
Breakfast	English Muffin w/Hummus or Avocado Spread, Fruit <b>6</b>	WG Cereal, Chef's Protein Choice Fruit <b>7</b>	WG Bagel, Cheese Slice, Fruit <b>8</b>	Scrambled Egg Patty, Fruit <b>9</b>	WG French Toast Sticks, String Cheese, Fruit <b>10</b>
Lunch	<b>Santa Fe Burrito Bowl</b> Vegetarian Beans, Brown Rice, Cheese, Salsa, Tomato, Fruit V- Same	<b>Meatballs, Pasta, Pasta Sauce</b> Crinkle Cut Zucchini Fruit V-Cheese	<b>*Asian Chicken Wrap</b> WG Tortilla, Coleslaw Mix, Fruit, Dressing V-Cheese	<b>Chicken</b> Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread V- Beans	<b>*Quesadilla</b> WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit V- Same
Snack	WG Crackers, Cottage Cheese with Salsa	Veggie Sticks, Fresh Fruit	Soft Pretzel, Milk	<b>Pick Up Kix</b> Apples, Sunbutter, Kix Cereal	Turkey on WG Bun
Breakfast	Sunbutter Sandwich, Fruit <b>13</b>	Scrambled Eggs, Salsa WG Fruit <b>14</b>	WG Cereal, Chef's Protein Choice, Fruit <b>15</b>	WG Pancake, Sunbutter, Fruit <b>16</b>	WG Bagel, Chef's Choice Protein, Fruit <b>17</b>
Lunch	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>*Arroz Con Queso (Rice &amp; Cheese)</b> Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	<b>*Chicken Ranch WG Pita Pocket</b> Romain Lettuce, Diced Tomatoes, Fruit V- Sliced Cheese	<b>Sausage Patty &amp; Cheese on WG Hoagie Roll</b> Green Veggie, Fruit V- Yogurt	<b>Meatloaf</b> Cauliflower, Fruit, WG Roll V- Tofu
Snack	Hard Boiled Egg, Fruit	Cheese & WG Crackers	Gogurt, Fresh Fruit	WG Cereal & Milk	Chef's Choice Choos <b>Two</b> :Meat/Meat Alternate, Fruit, Veggie, Grain, Milk
Breakfast	Eggs, Fruit <b>20</b>	WG Tortilla, Sunbutter, Banana & Cheerio Wrap <b>21</b>	Turkey Sausage Patty, Bread Choice, Fruit <b>22</b>	WG Waffle, Topping, Chef's Protein Choice, Fruit <b>23</b>	WG Cereal, Chef's Protein Choice Fruit <b>24</b>
Lunch	<b>Grilled Chicken Strips (Low Sodium)</b> Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Cheese	<b>*Chickpea Salad WG Sandwich</b> Veggie, Fruit V- Same	<b>*Asian WG Fried Rice</b> Diced Chicken, Edamame, Fruit V-Tofu	<b>*Chicken &amp; Pasta Salad</b> Cheese, Broccoli, Fruit V- Garbanzo Beans	<b>Italian Dunkers</b> Melted Cheese on WG Hot Dog Bun, Marinara Sauce, Fruit, Vegetarian Beans V-Same
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Cheese, WG Bun	WG Cheez-Its, Fresh Fruit	Snap Peas & Apple Slices	Hummus, Breadstick
Breakfast		Melted Cheese WG Tortilla Wrap, Salsa, Fruit <b>27</b>	WG Cereal, Chef's Protein Choice, Fruit <b>29</b>	Hard Cooked Eggs, Fruit <b>30</b>	WG Pancake, Yogurt Topping, Fruit <b>31</b>
Lunch	<b>NHA Closed</b>	<b>Vegetable Lasagna</b> Cottage Cheese, Vegetable, Fruit V- Same	<b>Chef's Choice</b> Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	<b>WG Mac N' Cheese &amp; Diced Ham</b> Fruit, Green Veggie V- Mac N' Cheese	<b>*Chicken WG Penne &amp; Alfredo Sauce Veggie, Fresh Fruit V-Cheese</b>
Snack		Hummus & WG Breadstick	String cheese & Fresh Veggie Sticks	Fresh Veggie & WG Cracker	WG Biscuit, Fruit

**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**