



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			WG Waffle & Sunbutter Sandwich, Fruit 1	Hard Cooked Eggs, Fruit 2	WG Turkey Sausage Breakfast Pizza, Fruit 3
Lunch			Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese & Diced Ham Oranges, Edamame V- Mac N' Cheese	*Chicken WG Penne & Alfredo Sauce Peas, Fesh Fruit V-Cheese
Snack			String cheese & Veggie Sticks	WG Muffin & Milk	Fruit, WG Biscuit & Sunbutter
Breakfast	WG English Muffin w/Melted Cheese, Fruit 6	WG Cereal, Protein Choice, Fruit 7	WG Bagel, Cheese Slice, Fruit 8	WG French Toast Sticks, String Cheese, Fruit 9	Scrambled Egg Patty, Fruit 10
Lunch	Fish Tacos Fish Sticks, Coleslaw, Fruit, WG Tortilla V-Same	Spaghetti & Meatballs, Pasta Sauce Vegetable Blend, Fruit V- Cheese	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing V-Cheese	Chicken Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread V- Beans	*Chicken & Pasta Salad Cheese, Broccoli, Fruit V- Garbanzo Beans
Snack	Cottage Cheese & Fresh Veggie	Veggie Sticks, Fresh Fruit	Pita Bread Chips, Veggie Sticks, Tzatziki Dip	Greek Yogurt & Fruit	Pick Up Kix Apples, Sunbutter, Kix Cereal
Breakfast	WG Cereal, Chef's Protein Choice, Fruit 13	Eggs, Fruit 14	WG Cereal, Chef's Protein Choice, Fruit 15	WG Pancake, Topping, Chef's Protein Choice, Fruit 16	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 17
Lunch	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	*Arroz Con Queso (Rice & Cheese) Chicken, Pinto Beans, Corn, Fruit V- Additional Pinto Beans	*Chicken Ranch WG Pita Pocket Romain Lettuce, Diced Tomatoes, Fruit V-Cheese	Sausage Crumble & Cheese on WG Roll Green Veggie, Fruit V- Same- Meatless Crumble	Meatloaf Cauliflower" Rice", Fruit, WG Roll V- Tofu
Snack	Milk & WG Chex Mix	Hard Boiled Egg, Fresh Veggie, Dip	Mini Bagel, Cream Cheese, Fresh Fruit	Cheese & WG Crackers	Fresh Veggie, Roasted Red Pepper Hummus
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit 20	WG Tortilla, Sunbutter, Banana & Cheerio Wrap 21	WG Sandwich Thin, Turkey Sausage Patty, Fruit 22	WG Waffle, Topping,, Chef's Protein Choice, Fruit 23	WG Cereal, Chef's Protein Choice, Fruit 24
Lunch	Grilled Chicken Strips (Low Sodium) Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Cheese	*Chickpea Salad WG Sandwich Veggie, Fruit V- Same	*Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu	*Quesadilla WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit V- Same	Italian Dunkers Melted Cheese on WG Hot Dog Bun, Marinara Sauce, Fruit, Vegetarian Beans V-Same
Snack	Turkey on WG Bun	Blueberry Lemon Crispy Bites, Fresh Veggie	Chef's Choice Choose Two: Meat/Meat Alternate, Fruit, Veggie,	WG Cheez-Its, Milk	Snap Peas & Apple Slices w/Cinnamon
Breakfast		Greek Yogurt, Granola, Fruit 28	WG Waffle & Sunbutter Sandwich, Fruit 29	Hard Cooked Eggs, Fruit 30	WG Turkey Sausage Breakfast Pizza, Fruit 31
Lunch	NHA Closed		Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese & Diced Ham Oranges, Edamame V- Mac N' Cheese	*Chicken WG Penne & Alfredo Sauce Peas, Fesh Fruit V-Cheese
Snack			String cheese & Veggie Sticks	WG Muffin & Milk	Fruit, WG Biscuit & Sunbutter

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 **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