



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			WG Cereal, Protein Chef's Choice, 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- Reduced Sodium Ham, Fruit, Green Chickpeas V- Same	*Chicken WG Penne & Alfredo Sauce Black Eyed Peas, Fesh Fruit V- Cheese
Snack			String cheese & Carrot Sticks	WG English Muffin & Sun Butter	WG Crackers & Fresh Veggie
Breakfast	WG English Muffin w/Melted Cheese, Fruit 6	WG Cereal, Protein Chef's Choice, Fruit 7	WG Bagel, Protein Chef's Choice, Fruit 8	WG French Toast Sticks, Protein Chef's Choice, Fruit 9	Omelet, Fruit 10
Lunch	Chicken on WG Biscuit & Gravy Vegetable Mix, Fruit V- Tofu	Meatballs & Penne Pasta Pasta Sauce, Crinkle Zucchini, Fruit V- Cheese	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing V- Cheese	Pollock (Fish) Sticks , WG Bun Coleslaw, Fruit, V-Same	*Chicken & Pasta Salad Cheese, Broccoli, Fruit V- Garbanzo Beans
Snack	Cottage Cheese & Mandarin Oranges	Veggie Sticks, Fresh Fruit	Pita Bread Chips, Hummus	WG Cracker & Cheese	Pick Up Kix Apples, Sun Butter, Kix Cereal
Breakfast	Turkey on WG Bread Choice, Fruit 13	Scrambled Eggs, Fruit 14	WG Cereal, Protein Chef's Choice, Fruit 15	WG Biscuit & Ham Patty Breakfast Sandwich, Fruit 16	WG Pancake, Yogurt, 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 Patty & Cheese on WG Hoagie Roll Green Veggie, Fruit V- Same- Meatless Crumble	Meatloaf Minced Cauliflower" Rice", Fruit, WG Roll V- Greek Yogurt
Snack	Soft Pretzel, Fresh Veggie	WG Chex Mix, Cheese Stick	Gogurt, Fresh Fruit	Fresh Veggies, WG Crackers	Goldfish, Milk
Breakfast	Chef's Choice Grain, Meat/Meat Alternate, Fruit 20	WG Tortilla, Sun Butter, Banana & Cheerio Wrap 21	Turkey Sausage Patty, English Muffin, Fruit 22	WG Waffle, Topping, Protein Choice, Fruit 23	Oatmeal, Toppings, Protein Choice, Fruit 24
Lunch	Grilled Chicken Strips (Low Sodium) Dipping Sauce, Sweet Potatoes, Fruit, WG Bread Choice V- Sun Butter	*Chickpea Salad WG Sandwich Veggie, Fruit V- Same	Chicken & WG Waffles w/Orange Marmalade Veggie, Fruit V- Greek Yogurt	*Quesadilla WG Tortilla, Refried Beans, Cheese, Salsa, Shredded Lettuce/Spinach, Fruit V- Same	Italian Dunkers Melted Cheese on WG Bun, Marinara Sauce, Fruit, Cauliflower V- Cheese
Snack	Chef's Choice Choose Two: Meat/Meat Alternate, Fruit, Veggie,	WG Cheez-Its, Fruit	Cheese & WG Bun	Snap Peas & Apple Slices	Soft Pretzel, Fruit, or Vegetable
Breakfast		Melted Cheese on Tortilla, Salsa, Fruit 28	WG Cereal, Protein Chef's Choice, Fruit 29	Hard Cooked Eggs, Fruit 30	WG Turkey Sausage Breakfast Pizza, Fruit 31
Lunch	NHA Closed	WG Lasagna Roll Up , Pasta Sauce, Cottage Cheese, Fruit, Vegetable V- Same	Chef's Choice Meat/Meat Alternate, Fruit, Vegetable, WG Bread/Grain	Mac N' Cheese- Reduced Sodium Ham, Fruit, Green Chickpeas V- Same	*Chicken WG Penne & Alfredo Sauce Black Eyed Peas, Fesh Fruit V- Cheese
Snack		Tropical Dragon Fruit, WG Muffin	String cheese & Carrot Sticks	WG English Muffin & Sun Butter	WG Crackers & Fresh Veggie

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