



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			WG Waffle & Sunbutter Sandwich, Fruit 1	Hard Boiled Egg, Fruit 2	WG Turkey Sausage Pizza, Fruit 3
Lunch			Chicken , Fruit or Vegetable, Additional Vegetable, WG Bread/Grain V-Cheese	Mac N' Cheese- Reduced Sodium Ham , Fruit, Broccoli V- Tofu	*Chicken WG Penne & Alfredo Sauce Black Eyed Peas, Fesh Fruit V-Cheese
Snack			String cheese & Fresh Veggie Sticks	WG Biscuit & Sun Butter, Fresh Fruit	Pita Bread Chips, Jicama Sticks, Tzatziki Dip
Breakfast	WG English Muffin w/Avocado or Hummus Spread, Fruit 6	WG Cereal Fruit, Gogurt 7	WG Bagel, Cheese Slice, Fruit 8	WG French Toast Sticks, Ham Patty, Fruit 9	Scrambled Egg Patty, Fruit 10
Lunch	Chicken Thighs Mashed Potato, Low Sodium Gravy, Green Vegetable, WG Bread V- Beans	Meatballs, Pasta Sauce & Spiral Zucchini "noodles" WG Roll, Fruit V-Cheese	*Asian Chicken Wrap WG Tortilla, Coleslaw Mix, Fruit, Dressing V-Cheese	Pollock (Fish) Sticks , WG Bun Veggie, Fruit, V-Same	*Chicken & Pasta Salad Cheese, Broccoli, Fruit V- Garbanzo Beans
Snack	WG Crackers, Cottage Cheese with Salsa	Veggie Sticks, Fresh Fruit	Soft Pretzel, Milk	Pick Up Kix Apples, Sun Butter, Kix Cereal	Turkey on WG Bun
Breakfast	Sunbutter Sandwich, Fruit 13	Eggs, Fruit 14	WG Cereal, Cheese Stick, Fruit 15	WG Pancake & Greek Yogurt Roll Up, Fruit 16	Ham Patty, WG Biscuit, Fruit 17
Lunch	Chicken , Fruit or Vegetable, Additional Vegetable, WG Bread/Grain V-Cheese	*Arroz Con Queso (Rice & Cheese) 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 Hoagie Roll Green Veggie, Fruit V- Same- Meatless Crumble	Meatloaf (low sodium) Minced Cauliflower" Rice", Fruit, WG Roll
Snack	Sweet Potato Cracker, Milk	WG Chex Mix, Fresh Fruit	Fresh Veggie, Dip, Graham Cracker	Ham on Hawaiian Bun	Gogurt, WG Cereal
Breakfast	Eggs, Fruit 20	WG Tortilla, Sunbutter, Banana, Cheerio Wrap 21	WG Sandwich Thin, Turkey Sausage Patty, Fruit 22	Scrambled Egg WG Tortilla Wrap, Fruit 23	WG Banana Muffin, String Cheese & 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 & 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 Hot Dog Bun, Marinara Sauce, Fruit, Vegetarian Beans V-Same
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	WG Cheez-its, Mango	Cheese & Fresh Fruit	Hard Boiled Egg, Veggie Sticks	Tropical Dragon Fruit, WG Soft Pretzel
Breakfast	27	Melted Cheese WG Tortilla Wrap, Salsa, Fruit 28	WG Waffle & Sunbutter Sandwich, Fruit 29	Hard Boiled Egg, Fruit 30	WG Turkey Sausage Pizza, Fruit 31
Lunch	NHA Closed	WG Lasagna Roll Up , Pasta Sauce, Cottage Cheese, Fruit, Vegetable V-Same	Chicken , Fruit or Vegetable, Additional Vegetable, WG Bread/Grain V-Cheese	Mac N' Cheese- Reduced Sodium Ham Fruit, Broccoli V- Tofu	*Chicken WG Penne & Alfredo Sauce Black Eyed Peas, Fesh Fruit V-Cheese
Snack		Hummus & WG Breadstick	String cheese & WG Crackers	WG Biscuit & Sun Butter, Fresh Fruit	Pita Bread Chips, Jicama Sticks, Tzatziki Dip

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