



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 4	Breakfast		Scrambled Egg Bowl Potato Chunks, Corn, Salsa 1	WG Cereal, Ham Patty, Fruit or Veggie 2	WG Pancake & Sunbutter Taco, Fruit or Veggie 3	WG Biscuit, Sausage Gravy, Veggie or Fruit 4
	Lunch		Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Choice, Veggie, Fruit	*Broccoli Chicken Cheese Quesadilla WG Tortilla, Fruit or Additional Vegetable	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
	Snack		WG Bagel, Cheese Slice	Fresh Veggie, Dip, Fresh Fruit	WG Sweet Potato Cracker, Milk	WG Goldfish, Fresh Fruit
Week 1	Breakfast	Burrito Eggs, Veggie Choice, Shredded Cheese, WG Tortilla 7	WG French Toast, Cottage Cheese, Fruit or Veggie 8	Turkey Sausage Breakfast Hoagie, Fruit or Veggie 9	Build My Own Parfait Yogurt, Berries & WG Cereal 10	WG English Muffin, Sunbutter Fruit or Veggie 11
	Lunch	Chicken Noodle Soup Diced Chicken, Mixed Veggies, Fruit WG Bread Choice	*Potato Boat Diced Turkey Ham, Cheese, Broccoli, WG Bread Choice	WG Chicken Potstickers Dipping Sauce Choice, Coleslaw, Fruit	Southwest Bowl Brown Rice, Black Beans, Shredded Lettuce, Cheese, Salsa, Fruit	Turkey & Avocado Roll Ups WG Tortilla, Diced Cucumber or Bell Pepper Strips
	Snack	WG Black Bean Vegetable Crackers, Black Beans with Salsa &/ or Avocado	Pita Bread Chips, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Chex Mix
Week 2	Breakfast	14	Turkey/Ham, Spinach, on WG Bun 15	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 16	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers 17	WG Turkey Sausage Pizza, Veggie 18
	Lunch	NHA Closed Professional Development	*Red Pozole Stew Diced Chicken, Hominy, WG Bread Choice, Fruit	Meatballs & Spiral Zucchini "Noodles" Pasta Sauce, Fruit, WG Bread/Grain	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	*Sunny Lemon Chicken Thighs WG Yakisoba Noodles, Vegetable, Fruit
	Snack		String cheese & WG Soft Pretzel/Breadstick	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	WG Crackers, Fresh Veggie, Dip
Week 3	Breakfast	Egg Patty, Avocado, Croissant or English Muffin 21	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 22	WG Bagel, Cheese Slice, Fruit or Veggie 23	Build My WG Waffle "Pizza" , Cream Cheese, Berries 24	Cottage Cheese, WG French Toast Sticks, Fruit or Veggie 25
	Lunch	Italian Dunkers WG Hot Dog Bun, Melted Cheese, Marinara, Fruit, Vegetable	Mighty Mushroom, Cheese & Sausage Crumble Pizza WG Crust Choice, Fruit or Additional Veggie	*Asian Chicken WG Fried Rice Edamame, Fruit	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bread Choice	Chicken Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
	Snack	WG Champ Bite Crackers, Milk	Veggie Sticks, Cheese Cubes	WG Cheese Crackers & WG Cereal(s) Medley, Milk	WG Biscuit, Fresh Fruit	Turkey/Cream Cheese WG Tortilla Pinwheels
Week 4	Breakfast	Sunbutter WG Sandwich, Fruit or Veggie 28	Scrambled Egg Bowl Potato Chunks, Corn, Salsa 29	WG Cereal, Ham Patty, Fruit or Veggie 30	WG Pancake & Sunbutter Taco, Fruit or Veggie 31	
	Lunch	Shredded BBQ Pork or Chicken WG Bread Choice, Vegetable, Fruit	Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Choice, Veggie, Fruit	*Broccoli Chicken Cheese Quesadilla WG Tortilla, Fruit or Additional Vegetable	
	Snack	Cinnamon Granola, Berries	WG Bagel, Cheese Slice	Fresh Veggie, Dip, Fresh Fruit	WG Sweet Potato Cracker, 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:** 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) **Vegetarian substitutions** offered for children that practice exclusively vegetarian **Honey:** Not served to children under age 1

* Kitchen Managers recipe for reference