



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				1 Build My Own Parfait Yogurt, Berries & WG Cereal	2 WG English Muffin, Sunbutter Fruit or Veggie
Lunch			NHA Closed	Southwest Bowl Brown Rice, Black Beans, Avocado, Cheese, Salsa, Fruit	Eggs. Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack				Tropical Dragon Fruit, WG Soft Pretzel	Mango & WG Chex Mix
Breakfast	6 Meat/Meat Alternate, Bread/Grain Fruit or Veggie	7 Turkey/Ham, Spinach, on WG Bun	8 WG Waffle & Sunbutter Sandwich, Fruit or Veggie	9 Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers	10 WG Turkey Sausage Pizza, Veggie or Fruit
Lunch	Turkey & Avocado Roll Ups WG Tortilla, Diced Cucumber or Bell Pepper Strips	*Red Pozole Stew Diced Chicken, Hominy, WG Roll, 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	WG Crackers, Veggie Sticks, Dip	String cheese & WG Breadstick	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk
Breakfast	13 Egg Patty, English Muffin, Avocado	14 WG Cereal, Gogurt/Yogurt, Fruit or Veggie	15 WG Bagel, Cheese Slice, Fruit or Veggie	16 Build My WG Waffle "Pizza", Cream Cheese, Berries	17 Cottage Cheese, WG French Toast Sticks, Fruit or Veggie
Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	WG Cheese, Sausage Crumble & Mushroom Pizza WG Crust Choice, Fruit or Veggie	*Asian Chicken WG Fried Rice Edamame, Fruit	WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bun	Chicken Fruit & Vegetable, or Two Vegetables, WG Bread/Grain
Snack	WG Champ Bite Crackers, Milk	WG Biscuit, Fresh Fruit	"GORP" WG Cheese Crackers, WG Cereals, Milk	Veggie Sticks, Cheese Cubes	Turkey/Cream Cheese WG Tortilla Pinwheels
Breakfast		20 Scrambled Egg Bowl Potato Chunks, Corn, Salsa	21 Sunbutter WG Sandwich, Fruit or Veggie	22 WG Cereal, Ham Patty, Fruit or Veggie	23 WG Biscuit, Sausage Gravy, Veggie or Fruit
Lunch	NHA Closed	Chicken, WG Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit	Shredded BBQ Pork or Chicken Hawaiian Bun, Vegetable, Fruit	*Baked Bean Chili Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	WG Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack		WG Bagel, Cheese Slice	Cinnamon Granola, Berries	Fresh Veggie, Dip, WG Cracker	WG Pretzel Goldfish, Fresh Fruit
Breakfast	27 Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla	28 WG French Toast, Cottage Cheese, Fruit or Veggie	29 Turkey Sausage Breakfast Sandwich Fruit or Veggie	30 Build My Own Parfait Yogurt, Berries & WG Cereal	31 WG English Muffin, Sunbutter Fruit or Veggie
Lunch	Chicken Noodle Soup, Diced Chicken Fruit, Mixed Veggies, WG Roll	*Potato Boat Diced Turkey Ham, Cheese, Broccoli, WG Bread	WG Chicken Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Southwest Bowl Brown Rice, Black Beans, Avocado, Cheese, Salsa, Fruit	Eggs. Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Triangle, Veggie Sticks, Dip	Cheese & Fresh Fruit	Tropical Dragon Fruit, WG Soft Pretzel	Mango & WG Chex Mix

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