



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				<b>1</b> Build My Own Parfait Yogurt, Berries & WG Cereal	<b>2</b> WG English Muffin, Sunbutter Fruit or Veggie
Lunch			<b>NHA Closed</b>	<b>Black Bean &amp; Cheese Burrito</b> , Salsa, Fruit, Vegetable	<b>3</b> Eggs Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack				WG Bagel, Hard Boiled Egg	Mango & WG Chex Mix
Breakfast					
Lunch					
Snack					
Breakfast	<b>6</b> Meat/Meat Alternate, Bread/Grain Fruit or Veggie	<b>7</b> Turkey/Ham, Spinach, on WG Bun	<b>8</b> WG Waffle & Sunbutter Sandwich, Fruit or Veggie	<b>9</b> Scrambled Egg, Biscuit, Fruit or Veggie	<b>10</b> WG Turkey Sausage Pizza, Fruit or Veggie
Lunch	<b>Turkey &amp; Avocado Roll Ups</b> WG Tortilla, Diced Cucumber or Bell Pepper Strips	<b>*Red Pozole Stew</b> Diced Chicken, Garbanzo Beans, WG Roll, Fruit	<b>Meatballs &amp; Pasta</b> Veggie, Fruit	<b>WG Mac N' Cheese</b> Vegetarian Beans Fruit, Green Vegetable	<b>*Sunny Lemon Chicken Thighs</b> WG Noodles, Vegetable, Fruit
Snack	WG Crackers, Veggie Sticks, Dip	String cheese & WG Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus	<b>Pick Up Kix</b> Apples, Sun Butter, Kix Cereal	<b>Pick Two:</b> Meat/Meat Alternate, Fruit, Veggie, Bread/Grain, Milk
Breakfast					
Lunch					
Snack					
Breakfast	<b>13</b> Egg Patty, Croissant or English Muffin, Avocado	<b>14</b> WG Cereal, Gogurt/Yogurt, Fruit or Veggie	<b>15</b> WG Bagel, Cheese Slice, Fruit or Veggie	<b>16</b> Build My WG Waffle "Pizza", Cream Cheese, Berries	<b>17</b> Cottage Cheese, WG French Toast Sticks, Fruit or Veggie
Lunch	<b>Italian Dunkers</b> Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	<b>WG Cheese, Sausage Crumble &amp; Mushroom Pizza</b> WG Crust, Fruit or Veggie	<b>*Asian Chicken WG Fried Rice</b> Edamame, Fruit	<b>Fish Sticks</b> Green Vegetable, Fruit, WG Bun	<b>Chicken</b> Fruit or Vegetable, Additional Vegetable, WG Bread/Grain
Snack	WG Champ Bite Crackers, Milk	WG Biscuit, Fresh Fruit	<b>"GORP"</b> WG Cheese Crackers, WG Cereals, Milk	Veggie Sticks, Cheese Cubes	Turkey/Cream Cheese WG Tortilla Pinwheels
Breakfast					
Lunch					
Snack					
Breakfast					
Lunch					
Snack					
Breakfast	<b>20</b>	<b>21</b> Scrambled Egg Bowl Potato Chunks, Corn, Salsa	<b>22</b> Sunbutter WG Sandwich, Fruit or Veggie	<b>23</b> WG Cereal, Ham Patty, Fruit or Veggie	<b>24</b> WG Biscuit, Sausage Gravy, Veggie or Fruit
Lunch	<b>NHA Closed</b>	<b>Chicken, WG Penne with Alfredo Sauce, Parmesan</b> Green Veggie, Fruit	<b>Shredded BBQ Pork</b> WG Bun, Vegetable, Fruit	<b>*Baked Bean Chili</b> Ground Beef Crumble, WG Bread Stick, Veggie, Fruit	<b>WG Lasagna Roll Ups or WG Ravioli</b> Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack		WG Bagel, Cheese Slice	Cinnamon Granola, Berries	Fresh Veggie, Dip, Fresh Fruit	WG Goldfish, Fresh Fruit
Breakfast					
Lunch					
Snack					
Breakfast	<b>27</b> Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla	<b>28</b> WG French Toast, Cottage Cheese, Fruit or Veggie	<b>29</b> Turkey Sausage Breakfast Sandwich Fruit or Veggie	<b>30</b> Build My Own Parfait Yogurt, Berries & WG Cereal	<b>31</b> WG English Muffin, Sunbutter Fruit or Veggie
Lunch	<b>Chicken Noodle Soup &amp; Diced Chicken</b> Fruit, Mixed Veggies, WG Roll	<b>*Potato Boat</b> Diced Turkey Ham, Cheese, Broccoli, WG Bread	<b>WG Chicken Potstickers</b> Dipping Sauce Choice, Edamame, Coleslaw, Fruit	<b>Black Bean &amp; Cheese Burrito</b> , Salsa, Fruit, Vegetable	<b>Eggs</b> Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Pita Bread Triangles, Veggie Sticks, Dip	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	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