



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					
Week 1					
Breakfast	Meat/Meat Alternate, Bread/Grain Fruit or Veggie 3	WG Cereal, Meat/Meat Alternate, Fruit or Veggie 4	WG Waffle & Sunbutter Sandwich, Fruit or Veggie 5	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers 6	Bagel, Sunbutter, Fruit or Veggie 7
Lunch	*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots	*Chicken & Biscuit Pot Pie Diced Chicken, Vegetable Mix, WG Biscuit, Fruit or Additional Vegetable	Meatballs & Pasta Veggie, Fruit	WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	Chicken Cordon Blue Casserole Diced Chicken & Turkey Ham, Mashed Potatoes, Cheese, Fruit, Roll
Snack	Spinach/Lettuce, Deli Meat Roll Up	String cheese & Breadstick/Soft Pretzel	Naan, Fresh Veggie, Hummus	Pick Up Kix Apples, Sun Butter, Kix Cereal	Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk
Breakfast	Bagel, Cheese Slice, Fruit or Veggie 10	WG Cereal, Gogurt/Yogurt, Fruit or Veggie 11	Egg Patty, English Muffin, Avocado Spread 12	Build My WG Waffle "Pizza" , Cream Cheese, Berries 13	WG French Toast Sticks, Cottage Cheese, Fruit/Veggie 14
Lunch	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable	Cheese, Sausage Crumble & Mushroom English Muffin Pizza , Fruit or Veggie	Aztec Beef Lasagna WG Tortilla, Beef Crumble, Cheese, Fruit, Veggie	*Tuna Salad on WG Bun Green Vegetable, Fruit, WG Bun	Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit, Veggie
Snack	WG Champ Bite Crackers, Milk	WG Buttermilk Biscuit, Fresh Fruit	"GORP" WG Cheese Crackers, WG Cereals, Milk	WG Pasta Penne & Peas w/Italian Dressing	WG Tortilla, Cream Cheese, Veggie Roll Up
Breakfast		Scrambled Egg Bowl Potato Chunks, Corn, Salsa 18	Apple/Pear, Sunbutter, Sandich 19	WG Cereal, Ham Patty, Fruit or Veggie 20	WG Biscuit, Sausage Gravy, Veggie or Fruit 21
Lunch	NHA Closed		*Sloppy Sandwiches Meat/Meatless Crumble Choice, Cheese, WG Bun, Fruit, Veggie	*Baked Bean Chili Ground Beef Crumble, WG Bread Choice, Veggie, Fruit	WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie
Snack		Bagel, Cheese Slice	Granola, Berries	Fresh Veggie, Dip, Fresh Fruit	WG Goldfish, Fresh Fruit
Breakfast	Burrito Eggs, Veggie Choice, Cheese, WG Tortilla 24	WG French Toast, Cottage Cheese, Fruit or Veggie 25	Turkey Sausage Breakfast Sandwich Fruit or Veggie 26	Build My Own Parfait Yogurt, Berries & WG Cereal 27	English Muffin, Sunbutter Fruit or Veggie 28
Lunch	Chicken Noodle Soup, Diced Chicken Fruit, Mixed Veggies, WG Roll	Shepherd's Pie Crumble, Mixed Veggies, Mashed Potatoes, Gravy, Fruit, Additional Vegetable	Pork Potstickers Dipping Sauce Choice, Edamame, Coleslaw, Fruit	Black Bean, Cheese & Rice Bowl , Salsa, Fruit, Vegetable	Eggs. Hashbrowns or Diced Potatoes, Diced Bell Peppers, WG Bread choice
Snack	Pita Bread Chips, Veggie Sticks, Dip	WG Black Bean Vegetable Crackers, Black Beans & Salsa	Cheese & Fresh Fruit	WG Bagel, Hard Boiled Egg	Mango & WG Cereal

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