



		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Lunch						
Snack						
Breakfast	Week 1					
Lunch						
Snack						
Breakfast	Week 2	WG Bread Choice, Meat/Meat Alternate Choice, Fruit 5	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie 6	Build my Own Bowl Cottage Cheese or Yogurt, Fruit 7	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers 8	Pancakes, Sunbutter, Fruit or Veggie 9
Lunch		Meatloaf Sweet Potatoes or Green Beans, Fruit or Two Veggies, WG Roll	Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Yogurt, Fruit, Vegetable	Chicken & Asian Vegetables in Sauce Choice, WG Yakisoba Noodles, Fruit	California Hamburger WG Bun, Tomato, Lettuce, Veggie	*Diced Turkey Mashed Potato Bowl Shredded Cheese, Edamame or Broccoli, WG Bread
Snack		WG Tortilla, Sunbutter, Fruit or Veggie	Mango or Papaya & WG Cereal	Naan, Fresh Veggie, Dip	Fruit or Veggie & WG Soft Pretzel or Breadstick, Honey Mustard Dip	WG Chex Mix & Milk
Breakfast	Week 3	WG Bagel or English Muffin, Cheese, Fruit or Veggie 12	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie 13	Eggs, WG Bread Choice, Fruit or Veggie 14	Build My WG Waffle "Pizza" Yogurt, Berries 15	WG French Toast, Meat/Meat Alternate, Fruit/Veggie 16
Lunch		Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla	*Cheese & Veggie Pizza WG Crust Choice, Additional Vegetable or Fruit	Meatballs, Sauce Choice, WG Bun or WG Pasta Fruit & Vegetable or Two Veggies	Chicken or Tuna Salad Sandwich, Bread Choice, Fruit, Veggie or Two Veggies	WG Pollock (Fish) Sticks or Patty Veggie, Fruit, WG Bread Choice
Snack		WG Champ Bite Crackers, Fruit	Fresh Fruit, Fresh Veggie, Dip	WG Crackers & WG Cereal(s) Medley, Fresh Veggie, Dip	Cottage Cheese, Berries	WG Buttermilk Biscuit or Cornbread, Fruit
Breakfast	Week 4		19	WG Cereal, Meat/Meat Alternate (extra), Fruit	20	Eggs, Fruit, WG English Muffin or Bagel
Lunch		New Horizon Academy Closed		*Chicken, WG Penne with Alfredo Sauce Green Veggie, Fruit		21
Snack				Build My Own Cucumber & Cheese "Sandwich"		Pancake, Yogurt, Fruit or Veggie
Breakfast	Week 1	Ham or Turkey Sausage Patty WG Sandwich, Fruit or Veggie 26	WG Bagel, Cottage Cheese, Fruit	27	Egg Breakfast WG Sandwich Fruit or Veggie	22
Lunch		WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable	*Red Pozole Stew Chicken, Hominy, Tomato Florentine Soup, Fruit		Southwest Bowl Chicken, Vegetarian Beans, Southwest Brown Rice, Salsa, Fruit, Veggie	23
Snack		WG Black Bean Vegetable Crackers, Black or Refried Beans with Salsa	WG Pita, Fresh Veggie, Hummus		Cheese & Fresh Fruit	Shredded Carnitas Chicken WG Tortilla, Fruit, Veggie
Breakfast						WG Biscuit, Sunbutter, Fruit or Veggie
Lunch						*Asian Chicken Wrap WG Tortilla, Coleslaw, Sesame or Teriyaki Dressing, Fruit or 2 nd Veggie
Snack						WG Crackers, Fresh Fruit or Veggie, Dip
Breakfast						WG French Toast Sticks, Sunbutter, Berries
Lunch						WG Lasagna Roll Ups, Shredded Cheese, Sauce, Veggie, Fruit or Two Veggies
Snack						Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip
						30

MEAL STANDARD GUIDELINES: Milk is served with every breakfast and lunch. Ages 12-24 months are served whole milk. Ages 2 and older are served low fat 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:** No more than 12 grams of added sugar per 6 oz **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