



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Breakfast: Build My WG Waffle "Pizza" 2 Yogurt, Berries	WG Cereal, Meat/Meat Alternate (extra), Fruit 3	Ham or Sausage Patty, WG Biscuit, Fruit 4	Eggs, Bell Peppers, WG Bread Choice 5	WG Turkey Sausage Breakfast Pizza, Veggie 6
	Lunch: Hamburger Patty, WG Bun, Cheese, Tomato, Lettuce, Fruit	*Chicken & Biscuits, Mixed Veggies, Fruit	Frittata, WG Bread, Bell Peppers, Fresh or Frozen Berries	WG Pollock (Fish) on WG Bun, Green Veggie, Lettuce, Fruit	*Chicken Chalupas WG Tortilla, Diced Chicken, Refried Beans, Cheese, Vegetable, Fruit
	Snack: WG Tortilla, Cream Cheese, Veggie Roll Up	Mango or Papaya & WG Crackers	Naan or Pita, Fresh Veggie, Dip	Fruit or Veggie & WG Soft Pretzel Honey Mustard or Dip	WG Cracker or Chex Mix & Milk
Week 3	Breakfast: WG Bagel or English Muffin, Sunbutter Fruit 9	WG Cereal, Ham or Turkey Sausage Patty, Fruit or Veggie 10	WG French Toast, Fruit, Meat/Meat Alternate Choice 11	WG Bread Choice, Meat/Meat Alternate, Fruit 12	Eggs, WG Bread Choice, Tomato Slice 13
	Lunch: Turkey or Chicken, Sauce Choice, Rice, Veggie, Fruit	*WG English Muffin Pizza, Cheese, Bell Peppers, Fruit	*Arroz Con Queso (Cheese & Rice), Mixed Veggies, Fruit	*Chicken, WG Penne, Alfredo, Green Veggie, Fruit	*Pizza Burger Sausage or Beef Crumble, WG Bun. Veggie Sticks, Fruit
	Snack: WG Champ Bite Crackers, Fruit	Fresh Fruit, Fresh Veggie, Dip	WG Breadstick & Milk	Yogurt, WG Cereal	WG Buttermilk Biscuit, Fruit or Veggie
Week 4	Breakfast: WG French Toast Sticks, Yogurt, Fruit 16	WG Cereal, Meat/Meat Alternate, Fruit 17	Eggs, WG English Muffin or WG Bagel, Potato Choice 18	WG Pancake & Yogurt, Fruit or Veggie 19	Croissant, Meat Choice, Fruit or Veggie 20
	Lunch: Mac N Cheese, Vegetarian Beans, Vegetable, Fruit	WG Pollock (Fish) Tacos, WG Tortilla, Coleslaw, Fruit	Shredded BBQ Chicken or Chicken Patty, WG Bun, Veggie, Fruit	Meatballs or Meatloaf, WG Pasta, Sauce, Veggie, Fruit	*Sunny Lemon Chicken, WG Yakisoba Noodles, Green Veggie, Fruit
	Snack: WG Crackers, Fresh Fruit or Veggie, Dip	Build My Own Cucumber & Cheese "Sandwich"	WG Roll, Turkey or Ham	Teddy or Graham Crackers, Milk	WG Pita, Tzatziki or Hummus, Veggie or Fruit
Week 1	Breakfast: Turkey Sausage or Ham Patty on WG Biscuit, Fruit 23	Egg Breakfast WG Sandwich, Fruit 24	WG Bagel, Cottage Cheese, Diced Sweet Potato 25	Build My Own Parfait Yogurt, Berries & WG Cereal 26	WG French Toast Sticks, Sunbutter/Yogurt Dip, Fruit 27
	Lunch: Grilled Chicken Nuggets or Strips, WG Bread/Grain Choice, Vegetarian Beans, Fruit	*Hoagie Sandwich, Deli Meat, Cheese, WG Hot Dog Bun, Veggie, Fruit	*Potato Boats or Mashed, Diced Meat Choice, Cheese, Broccoli, Fruit	Pizza WG Crust Choice, Meat Topping Choice, Veggie, Fruit	WG Lasagna Roll Ups or Ravioli, Cheese, Sauce, Fruit, Veggie
	Snack: Cottage Cheese or Yogurt & Peaches or Pears	Fresh Fruit, Veggie, Dip	Cheese & WG Crackers	WG Bagel, Veggie Sticks (Jicama, Cucumber or Kohlrabi)	WG Crackers & Milk
Week 2	Breakfast: Build My WG Waffle "Pizza" 30 Yogurt, Berries	WG Cereal, Meat/Meat Alternate (extra), Fruit 31			
	Lunch: Hamburger Patty, WG Bun, Cheese, Tomato, Lettuce, Fruit	*Chicken & Biscuits, Gravy, Mixed Veggies, Fruit			
	Snack: WG Tortilla, Cream Cheese, Veggie Roll Up	Mango or Papaya & WG Crackers			

**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 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:** 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 **Breakfasts** include

a meat/meat alternate as an extra component to provide additional protein which exceeds the USDA meal pattern requirements. \* **Recipe Available for Kitchen Managers**