



	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	Week 2	Build My WG Waffle “Pizza” Yogurt, Berries 2	WG Cereal, Meat/Meat Alternate (extra), Fruit 3	Ham or Sausage Patty, WG Biscuit, Fruit 4	Eggs, Bell Peppers, WG Bread Choice 5	WG Bread Choice, Meat/Meat Alternate, Fruit 6				
Lunch		Hamburger Patty, WG Bun, Cheese, Tomato, Lettuce, Fruit	*Chicken & Biscuits, Mixed Veggies, Fruit	Egg Choice, 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				
Breakfast	Week 3	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				
Breakfast	Week 4	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 Chicken or Chicken Patty, BBQ Sauce 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				
Breakfast	Week 1	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				
Breakfast	Week 2	Build My WG Waffle “Pizza” Yogurt, Berries 30	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**