



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