



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

**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**