



	Monday		Tuesday		Wednesday		Thursday		Friday		
Breakfast	Week 2					Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers	1	Bagel, Sunbutter, Fruit or Veggie	2		
Lunch					WG Mac N’ Cheese Vegetarian Beans		Mashed Potato Boat Cheese, Ham				
Snack					Fruit, Green Vegetable		Edamame/Broccoli, WG Bread				
						Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip		Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk			
Breakfast	Week 3	Bagel, Cheese Slice, Fruit or Veggie	5	WG Cereal, Gogurt/Yogurt, Fruit or Veggie	6	Apple/Pear, Sunbutter WG Pita	7	Build My WG Waffle “Pizza”, Cream Cheese, Berries	8	WG French Toast Sticks, Cottage Cheese, Fruit/Veggie	9
Lunch		*Build My Own Hoagie Sandwich Deli Meat, Hoagie Bun, Veggie Toppings, Fruit		Cheese, Sausage Crumble & Mushroom English Muffin Pizza, Fruit or Veggie		Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato		*Tuna Salad on WG Bun Green Vegetable, Fruit, WG Bun		Chef’s Choice Meat/Meat Alternate, Bread/Grain, Fruit, Veggie	
Snack		WG Champ Bite Crackers, Fruit		Teddy Grahams, Milk		WG Cheese Crackers & WG Cereal(s) Medley, Fresh Veggie		Cheese on WG Bun		WG Tortilla, Cream Cheese, Veggie Roll Up	
Breakfast	Week 4	Pancake & Sunbutter Sandwich, Fruit or Veggie	12	Protein Bowl Potatoes, Corn, Vegetarian Beans, WG Bread	13	Eggs, Avocado Spread, Croissant/WG English Muffin	14	WG Cereal, Ham Patty, Fruit or Veggie	15	WG Biscuit, Sausage Gravy, Veggie or Fruit	16
Lunch		Shredded Chicken & BBQ Sauce WG Bun, Fruit, Veggie		Chicken, Penne with Alfredo Sauce, Parmesan Green Veggie, Fruit		Meatball & Marinara Sub Sandwich Fruit & Vegetable or Two Veggies		*Chicken Strawberry & Blueberry Romaine Salad, WG Bun or Breadstick		WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie	
Snack		Granola, Milk		Build My Own Cucumber & Cheese “Sandwich”		Gogurt/Yogurt, Berries		WG Cracker, Applesauce Cup		WG Goldfish, Fresh Fruit or Veggie	
Breakfast	Week 1	Cheese, Veggies, WG Tortilla Wrap	19	WG French Toast, Cottage Cheese, Fruit or Veggie	20	Turkey Sausage Breakfast Sandwich Fruit or Veggie	21	Build My Own Parfait Yogurt, Berries & WG Cereal	22	English Muffin, Sunbutter Fruit or Veggie	23
Lunch		California Hamburger WG Bun, Tomato, Lettuce, Vegetarian Beans		*Asian Chicken WG Tortilla Wrap Coleslaw, Fruit		*Pasta Salad, Diced Ham & Bell Peppers, Fruit		*Black/Refried Bean & Cheese WG Quesadilla, Fruit, Vegetable		*Sunny Lemon Chicken WG Bun, Fruit, Veggie	
Snack		WG Black Bean Vegetable Crackers, Black Beans with Salsa		Corn Bread, Veggie Sticks, Dip		Cheese & Fresh Fruit		WG Bagel, Veggie or Fruit		Mango & WG Cereal	
Breakfast	Week 2		26	WG Cereal, Meat/Meat Alternate, Fruit or Veggie	27	Build my Own Bowl Cottage Cheese, Fruit Mix, Granola	28	Eggs, Hashbrowns/Diced Potatoes, Diced Bell Peppers	29	Bagel, Sunbutter, Fruit or Veggie	30
Lunch		NHA Closed		Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable		Grilled Chicken Spinach & Mandarin Orange Salad, WG Breadstick		WG Mac N’ Cheese Vegetarian Beans Fruit, Green Vegetable		Mashed Potato Boat Cheese, Ham Edamame/Broccoli, WG Bread	
Snack				String cheese & Breadstick/Soft Pretzel, Honey Mustard		Naan, Fresh Veggie, Hummus		Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip		Pick Two: Meat/Meat Alternat, Fruit, Veggie, Bread/Grain, Milk	

MEAL STANDARD GUIDELINES: Milk is served with every breakfast and lunch. Ages 12-23 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

* Kitchen Managers recipe for reference

Creating Future Healthier Generations



Our Food and Nutrition Mission

We provide good nutrition to empower children's physical, cognitive, emotional, and physical growth. We promote knowledge about nutrition to our children, families, and staff through education, communication, and by offering children healthier and diverse food choices.

Safe Food Environment-Outside Food

New Horizon Academy is striving for a SAFE FOOD ENVIRONMENT. We respectfully request your partnership in protecting our children with food allergies. Please do not bring any food or beverages into our school.

We Serve:

- Whole grain bread, pasta, cereal, and crackers
- Fruits and vegetables (fresh, frozen, and no sugar added)
- Milk (Whole Ages 1-2, Skim Ages 2 and up)
- Lower sodium and limited sugar
- Increased dietary fiber
- Protein at breakfast
- Vegetarian
- Cultural food exposure
- Variety!

We Do Not Serve:

- Peanuts/nuts
- Fried foods
- Juice
- Cookies/desserts
- Choking hazard foods (hot dogs, sausage links, grapes, popcorn, chips)



My Healthy Plate

Vegetables



Fruits



Grains



Proteins

