



	Monday		Tuesday		Wednesday		Thursday		Friday		
Breakfast	Week 3								Eggs, Meat/Meat Alternate, Bread Choice, Fruit/Veggie	1	
Lunch									<b>Chef's Choice</b> Meat/Meat Alternate, Bread/Grain, Fruit & Veggie or Two Vegetables		
Snack									WG Biscuit, Fresh Fruit		
Breakfast	Week 4	WG Biscuit, Cheese, Veggie or Fruit	4	<b>Protein Bowl</b> Potatoes, Corn, Vegetarian Beans, WG Bread	5	Eggs, Avocado Spread, Fruit Croissant/WG English Muffin	6	WG Cereal, Ham Patty, Fruit or Veggie	7	Pancake & Sunbutter Sandwich	8
Lunch		<b>Shredded BBQ Chicken</b> WG Bun, Vegetable, Fruit		<b>Chicken, Penne with Alfredo Sauce</b> Green Veggie, Fruit		<b>Meatball &amp; Marinara Sub Sandwich</b> Fruit & Vegetable or Two Veggies		<b>*Chicken, Strawberry &amp; Blueberry Romaine Salad</b> , WG Bun or Breadstick		<b>WG Lasagna Roll Ups or WG Ravioli</b> Shredded Cheese, Sauce Choice, Fruit, Veggie	
Snack		Cinnamon 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, Fajita Veggies, WG Tortilla Wrap	11	French Toast, Cottage Cheese, Fruit or Veggie	12	Eggs, WG Bread Choice Fruit or Veggie	13	<b>Build My Parfait</b> Yogurt, Berries & WG Cereal	14	WG English Muffin, Sunbutter Fruit or Veggie	15
Lunch		<b>California Hamburger</b> WG Bun, Tomato, Lettuce, Vegetarian Beans		<b>*Asian Chicken WG Tortilla Wrap</b> Coleslaw, Fruit		<b>*Pasta Salad, with Diced Ham &amp; Bell Peppers</b> , Fruit		<b>*Black &amp;/or Refried Bean &amp; Cheese WG Quesadilla</b> , Fruit, Vegetable		<b>*Sunny Lemon Chicken</b> WG Bun, Fruit, Veggie	
Snack		WG Black Bean Vegetable Crackers, Black Beans & Salsa/Avocado		Corn Bread, Veggie Sticks, Dip		Cheese & Fresh Fruit		WG Bagel, Veggie or Fruit		Mango & WG Chex Mix	
Breakfast	Week 2	Meat/Meat Alternate, Bread/Grain Fruit or Veggie	18	WG Cereal, Meat/Meat Alternate, Fruit or Veggie	19	WG Waffle & Sunbutter Sandwich, Fruit or Veggie	20	Eggs. Hashbrowns or Diced Potatoes, Diced Bell Peppers	21	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie	22
Lunch		<b>*Veggie Delight Rollup</b> WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots		<b>Italian Dunkers</b> Garlic Bread, Melted Cheese, Marinara, Fruit, Vegetable		<b>Grilled Chicken</b> Spinach & Mandarin Orange Salad, WG Breadstick		<b>WG Mac N' Cheese</b> Vegetarian Beans Fruit, Green Vegetable		<b>Mashed Potato Boat</b> Cheese. Ham Edamame/Broccoli, WG Bread, Fruit	
Snack		<b>Build My Own</b> Spinach/Lettuce, Deli Meat Roll Up		String cheese & WG Soft Pretzel		Naan, Fresh Veggie, Hummus		<b>Build My Own</b> Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip		<b>Pick Two:</b> Meat/Meat Alternate, Fruit, Veggie, WG Bread/Grain, Milk	
Breakfast	Week 3	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie	25	WG Cereal, Gogurt/Yogurt, Fruit or Veggie	26	Apple/Pear, Sunbutter WG Pita	27	<b>Build My Waffle "Pizza"</b> , Waffle, Cream Cheese, Berries	28	Eggs, Meat/Meat Alternate, Bread Choice, Fruit/Veggie	29
Lunch		<b>*Build My Own Hoagie Sandwich</b> Deli Meat, Hoagie Bun, Veggie Toppings, Fruit		<b>WG Cheese, Beef Crumble &amp; Mushroom Pizza</b> WG Crust Choice, Fruit or Veggie		<b>Tacos</b> WG Tortilla, Turkey Taco Filling, Cheese, Lettuce, Tomato		<b>WG Pollock (Fish) Sticks</b> Green Vegetable, Fruit, WG Bun		<b>Chicken, Beef, Turkey or Vegetarian Beans</b> Fruit & Vegetable or Two Vegetables, WG Bread/Grain	
Snack		WG Champ Bite Crackers, Fruit		WG Teddy Grahams, Milk		WG Cheese Crackers, WG Cereals Medley, Fresh Veggie		Cheese on WG Bun		WG Buttermilk Biscuit, Fresh Fruit	

**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** 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

