



	Monday		Tuesday		Wednesday		Thursday		Friday		
Breakfast	Week 3								WG French Toast Sticks, Cottage Cheese, Fruit/Veggie	1	
Lunch									Chef's Choice Meat/Meat Alternate, Bread/Grain, Fruit, Veggie		
Snack									WG Tortilla, Cream Cheese, Veggie Roll Up		
Breakfast	Week 4	Pancake & Sunbutter Sandwich, Fruit or Veggie	3	Protein Bowl Potatoes, Corn, Vegetarian Beans, WG Bread	4	Eggs, Avocado Spread, Croissant/WG English Muffin	5	WG Cereal, Ham Patty, Fruit or Veggie	6	WG Biscuit, Sausage Gravy, Veggie or Fruit	7
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	11	Eggs, Bread Choice, Fruit or Veggie	12	Turkey Sausage Breakfast Sandwich Fruit or Veggie	13	Build My Own Parfait Yogurt, Berries & WG Cereal	14	English Muffin, Sunbutter Fruit or Veggie	15
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	Meat/Meat Alternate, Bread/Grain Fruit or Veggie	18	WG Cereal, Meat/Meat Alternate, Fruit or Veggie	19	Build my Own Bowl Cottage Cheese, Fruit Mix, Granola	20	Eggs. Hashbrowns/Diced Potatoes, Diced Bell Peppers	21	Bagel, Sunbutter, Fruit or Veggie	22
Lunch		*Veggie Delight Rollup WG Tortilla, Cheese, Hummus/Cream Cheese, Cucumber, Carrots		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		Build My Own Spinach/Lettuce, Deli Meat Roll Up		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	
Breakfast	Week 3	Bagel, Cheese Slice, Fruit or Veggie	25	WG Cereal, Gogurt/Yogurt, Fruit or Veggie	26	Eggs, Bread Choice, Fruit or Veggie	27	Build My WG Waffle "Pizza" , Cream Cheese, Berries	28	WG French Toast Sticks, Cottage Cheese, Fruit/Veggie	29
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	

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

