



	Monday		Tuesday		Wednesday		Thursday		Friday		
Breakfast	Week 3								WG French Toast Sticks, Meat/Meat Alternate, Fruit	1	
Lunch									Meat/Meat Alternate, Fruit & Vegetable, or Two Vegetables, WG Bread/Grain		
Snack										WG Buttermilk Biscuit, Fresh Fruit	
Breakfast	Week 4	Pancake & Sunbutter Sandwich, Fruit or Veggie	4	Protein Bowl Potatoes, Corn, Vegetarian Beans, WG Bread	5	Sunbutter WG Sandwich, Fruit or Veggie	6	WG Cereal, Cheese, Fruit or Veggie	7	WG Biscuit & Egg Sandwich Veggie or Fruit	8
Lunch		*Sloppy Sandwiches Meat/Meatless Crumble Choice, WG Bun, Fruit, Veggie		Chicken, WG 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 Lasagna Roll Ups or WG Ravioli Shredded Cheese, Sauce Choice, Fruit, Veggie	
Snack		Cinnamon Granola, Milk		Build My Own Cucumber & Cheese "Sandwich"		Greek Yogurt, Berries		WG Cracker, Applesauce		WG Goldfish, Fresh Fruit or Veggie	
Breakfast	Week 1	Eggs & Veggies, WG Tortilla Wrap	11	WG French Toast, Cottage Cheese, Fruit or Veggie	12	Ham Patty Breakfast Sandwich, Fruit or Veggie	13	Build My Own Parfait Yogurt, Berries & WG Cereal	14	WG 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 with Diced Ham & Bell Peppers Fruit		*Black/Refried Bean & Cheese WG Quesadilla Fruit, Vegetable		Meatloaf Sweet Potatoes, Fruit, WG Roll	
Snack		WG Black Bean Vegetable Crackers, Black Beans & Salsa		Corn Bread, Veggie Sticks, Dip		Cheese & Fresh Fruit		WG Bagel, Veggie or Fruit		Mango & WG Chex Mix	
Breakfast	Week 2	WG Waffle & Sunbutter Sandwich, 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	WG Turkey Sausage Breakfast Pizza, Fruit or Veggie	22
Lunch		*Veggie Delight Rollup WG Tortilla, Cheese, Hummus, 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, WG Bread, Fruit	
Snack		Pick Up Kix Apples, Sun Butter, Kix Cereal		String cheese & WG Breadstick		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	WG Bagel/English Muffin, Cheese Slice, Fruit or Veggie	25	WG Cereal, Yogurt, Fruit or Veggie	26	Eggs, WG Bread Choice, Fruit or Veggie	27	Build My WG Waffle "Pizza", Cream Cheese, Berries	28	WG French Toast Sticks, Meat/Meat Alternate, Fruit	29
Lunch		*Build My Own Hoagie Sandwich Deli Meat, Hoagie Bun, Veggie Toppings, Fruit		*Cheese & Bell Pepper Pizza WG Crust Choice, Additional Bell Peppers, Fruit		Tacos WG Tortilla, Ground Turkey/Beef Taco Filling, Cheese, Lettuce, Tomato		WG Pollock (Fish) Sticks Green Vegetable, Fruit, WG Bun		Meat/Meat Alternate, Fruit & Vegetable, or Two Vegetables, WG Bread/Grain	
Snack		WG Champ Bite Crackers, Fruit		Fresh Fruit, Veggie & Dip		WG Cheese Crackers & WG Cereal(s) 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 (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

