



	Monday		Tuesday		Wednesday		Thursday		Friday		
Breakfast	Week 3								WG French Toast, Meat/Meat Alternate, Fruit/Veggie	1	
Lunch									Chicken, Beef, Turkey or Vegetarian Beans 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	Eggs, Avocado Spread, Fruit, Croissant/WG English Muffin	6	WG Cereal, String Cheese, Fruit or Veggie	7	WG Biscuit, Sausage Gravy, Veggie or Fruit	8
Lunch		Shredded BBQ Pork or Chicken WG Bread Choice, Vegetable, Fruit		Chicken, WG Penne with Alfredo Sauce Green Veggie, Fruit		Meatball, Cheese & Marinara WG Sub Sandwich Fruit & Vegetable or Two Veggies		*Chicken Strawberry & Blueberry Romaine Salad, WG Bun or Breadstick		WG Lasagna Roll Ups Shredded Cheese, Sauce Choice, Fruit, Veggie	
Snack		Cinnamon Granola, Milk		Build My Own Cucumber & Cheese "Sandwich"		Gogurt/Yogurt, Berries		WG Crackers, Applesauce Cup		WG Goldfish, Fresh Fruit or Veggie	
Breakfast	Week 1	Burrito Eggs, Fajita Veggies, Shredded Cheese, WG Tortilla	11	WG French Toast Sticks, Cottage Cheese, Fruit or	12	Egg Patty Breakfast WG Sandwich Fruit or Veggie	13	Build My Own Parfait Greek 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, Diced Ham & Diced Cucumbers, 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/ Papaya & WG Cereal	
Breakfast	Week 2	WG Waffle & Sunbutter Sandwich, Fruit or Veggie	18	WG Cereal, Meat/Meat Alternate (extra), Fruit/Veggie	19	Build my Own Bowl Cottage Cheese, Fruit Mix, WG Bread	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 or Cream Cheese, Cucumber, Carrots		Italian Dunkers Garlic Bread, Melted Cheese, Marinara, Cottage Cheese, Fruit, Vegetable		Grilled Chicken Spinach & Mandarin Orange Salad, WG Breadstick		WG Mac N' Cheese Vegetarian Beans Fruit, Green Vegetable		Mashed Potato Boat Cheese, Chicken, Edamame, WG Bread, Fruit	
Snack		Pick Up Kix Apples, Sun Butter, Kix Cereal		String cheese & WG Soft Pretzel/Breadstick, Honey Mustard		Naan, Fresh Veggie, Dip		Build My Own Spinach/Lettuce, Deli Meat Roll Up, Ranch Dip		WG Chex Mix (Cheddar or Strawberry) & Milk	
Breakfast	Week 3	WG Bagel/English Muffin, Cheese, Fruit or Veggie	25	WG Cereal, Ham Patty, Fruit or Veggie	26	Eggs, WG Bread Choice, Fruit or Veggie	27	Build My WG Waffle "Pizza" Yogurt, Berries	28	WG French Toast, Meat/Meat Alternate, Fruit/Veggie	29
Lunch		*Build My Own Hoagie Sandwich Deli Meat, Cheese, Hoagie Bun, Spinach, Tomato. Fruit		*Cheese & Bell Pepper Pizza WG Crust Choice, Additional Bell Peppers or Vegetable, Fruit		Tacos WG Tortilla, Meat/Vegetarian Bean Filling, Cheese, Lettuce, Tomato		WG Pollock (Fish) Sticks or Patty Veggie, Fruit, WG Bread Choice		Chicken, Beef, Turkey or Vegetarian Beans Fruit & Vegetable or Two Vegetables, WG Bread/Grain	
Snack		WG Champ Bite Crackers, Fruit		Teddy Grahams, Milk		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 **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**

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

