

Center #	WEEK 1				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE					
Breakfast 	Whole-Grain Apple Zucchini Muffin Fresh Oranges 1% Unflavored Low-Fat Milk	Whole-Grain Granola Pears 1% Unflavored Low-Fat Milk	Scrambled Eggs Peaches 1% Unflavored Low-Fat Milk	Breakfast Fruit Pizza Whole-Grain Flatbread Pizza Crust with Yogurt Strawberries & Blueberries <i>(Finely Diced Strawberries)</i> 1% Unflavored Low-Fat Milk	Whole-Grain Toasty O's Cereal Fresh Bananas 1% Unflavored Low-Fat Milk
Morning Snack	Whole-Grain Sweet Potato Crackers 1% Unflavored Low-Fat Milk	Peaches Low-Fat Cottage Cheese	Whole-Grain Kix Cereal 1% Unflavored Low-Fat Milk	Celery Sticks <i>(Applesauce)</i> Cheese Slices	Whole-Grain Granola Plain Yogurt
Lunch 	<u>Burger</u> <u>(Veggie Burger*)</u> Beef Patty Whole-Grain Bun Roasted Potato Wedges Green Beans 1% Unflavored Low-Fat Milk	<u>Fish Tacos</u> <u>(SunButter <i>(thin layer)</i> & Banana Sandwich)</u> Whole-Grain Fish Sticks Whole-Grain Flour Tortilla Coleslaw Fresh Tropical Fruit <i>(Finely Diced Fresh Tropical Fruit)</i> 1% Unflavored Low-Fat Milk	<u>Tropical Rice Bowl*</u> Chickpeas Whole-Grain Brown Rice Peas & Carrots Mandarin Oranges 1% Unflavored Low-Fat Milk	<u>Flatbread Pizza*</u> Cheese Whole-Grain Flatbread Pizza Crust Fresh Broccoli <i>(Finely Diced Steamed Broccoli)</i> Pears 1% Unflavored Low-Fat Milk	<u>Turkey Cranberry Wrap</u> <u>(Sunbutter Crunch Wrap)</u> Turkey Slices & Cheese Whole-Grain Flour Tortilla Roasted Sweet Potatoes Cranberries 1% Unflavored Low-Fat Milk
Afternoon Snack	Fresh Carrot & Celery Sticks <i>(Finely Diced Steamed Carrots)</i> Hummus Bean Dip	Fresh Apples <i>(Whole-Grain Sweet Potato Crackers)</i> SunButter Yogurt Dip Plain yogurt with sunbutter & cinnamon	Strawberries <i>(Finely Diced Strawberries)</i> Whole-Grain Mini Bagel with cream cheese	Plain Yogurt Crushed Pineapple	Cheddar Cheese Cubes <i>(Cheese Slices)</i> Whole-Grain Bean & Vegetable Cracker
Evening Snack	Whole-Grain Sweet Potato Crackers 1% Unflavored Low-Fat Milk	Peaches Low-Fat Cottage Cheese	Whole-Grain Kix Cereal 1% Unflavored Low-Fat Milk	Celery Sticks <i>(Applesauce)</i> Cheese Slices	Whole-Grain Granola Plain Yogurt
Dinner 	<u>Taco Taters with Baked Tortilla Crisps*</u> Black Beans & Cheese Whole-Grain Flour Tortilla Roasted Sweet Potato Wedges & Corn Fresh Green & Red Peppers <i>(Finely Diced Cooked Peppers)</i> 1% Unflavored Low-Fat Milk	<u>Fried Rice</u> Scrambled Eggs Whole-Grain Brown Rice Mixed Vegetables <i>(Finely Diced Mixed Vegetables)</i> Pineapple 1% Unflavored Low-Fat Milk	<u>Tuna Melt</u> <u>(SunButter <i>(thin layer)</i> & Banana Sandwich)</u> Tuna & Cheese Whole-Grain Bread Fresh Green Salad <i>(Shredded Green Salad)</i> Applesauce 1% Unflavored Low-Fat Milk	<u>Bean & Cheese*</u> Refried Beans & Cheese Whole-Grain Flour Tortilla Fresh Spinach Salad <i>(Shredded Spinach Salad)</i> Apricots 1% Unflavored Low-Fat Milk	<u>Mighty Marinara with Chickpeas*</u> Chickpeas Whole-Grain Penne Pasta Broccoli <i>(Finely Diced Steamed Broccoli)</i> Fresh Oranges 1% Unflavored Low-Fat Milk

This Institution is an equal opportunity provider

Mixed Vegetables: carrots, corn, peas, green beans
Fresh Tropical Fruit: dragon fruit, mango, pineapple, orange, & honey dew melon
 Children ages 12-23 months are served unflavored whole milk and 2+ year olds are served unflavored 1% milk.
 Water is available to children during the day & at all meals & snacks. If no beverage is specified, water is offered.

*PHA's Veggies Early & Often item
 Items listed in parentheses & italics indicate suggested age appropriate substitutions for 1-2 year olds.
 Entree items listed in parentheses indicate individual vegetarian options.

