



HORIZON EDUCATION CENTERS

Aug-22

1	2	3	4	5
Chicken Nuggets, Green Beans, Blueberries, Cornbread Muffin, Milk	Beef Burger w/ Cheese, Diced Carrots, Pineapple Tidbits, WG Hamburger Bun, milk	Chicken Taco, Sweet Corn, Lettuce/Salsa/cheese, diced peaches, Flour Tortilla,milk	WG Cheese Pizza, Mixed Vegetable, Fresh Apple Slices, milk	Teryaki Chicken, Wg Rice, Broccoli, Fresh Banana, Milk
8	9	10	11	12
WG Macaroni & Cheese, Broccoli, Diced Strawberries, Milk	Chicken Patty, WG Bun, Mixed Vegetables, Mango Chunks, Milk	Turkey Burger with Cheese, Greens Beans, Diced Peaches, WG Hamburger Bun, Milk	Beef and Cheese Burrito, Diced Carrots, Diced Pears, milk	Parsley Lemon Chicken, Brown Rice, Sweet Peas, Fresh Banana, Milk
15	16	17	18	19
Chicken Nuggets, Broccoli, Blueberries, Cornbread Muffin, Milk	Beef Burger w/ Cheese, Diced Carrots, Pineapple Tidbits, WG Hamburger Bun, milk	Chicken Taco, Sweet Corn, Lettuce/Salsa/cheese, diced peaches, Flour Tortilla,milk	WG Cheese Pizza, Romaine/ Cucumber Salad, Fresh Apple Slices, Milk	Turkey Sausage, WG Pancake, Tater Tots, Fresh Banana, milk
22	23	24	25	26
Meatball Sub, Broccoli, Diced Strawberries, WG Hot Dog Bun, milk	WG Grilled Cheese, Green Beans, Applesauce, milk	Meatloaf, Mash Potatoes, WG Dinner Roll, Fresh Banana, Milk	WG Cheese Ravioli, Mixed Vegetables, Sliced Peaches, Milk	WOW Butter and Jelly, Cheese Stick, Romaine / Cucumber Salad, Fresh Orange, Milk
29	30	31		
WG Chicken Strips, Green Beans, Fresh Apple Slices, WG Dinner Roll, Milk	Turkey and Cheese Sandwich, Baby Carrots / Ranch, Fresh Orange, and milk	WG Macaroni & Cheese, Peas, Diced Pears, and milk		

	1 & 2 Years	3-5 Years	6-12 Years
Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Grains Breads Pasta Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup
Fruit	1/8 c	1/4 c.	1/4 c.
Vegetable	1/8 c	1/4 c.	1/2 c.
Milk, fluid	1/2 c	3/4 c	1 c

