



HORIZON EDUCATION CENTERS

September 2022

			1	2
			WG Cheese Pizza 3 oz Mixed Vegetable 1/3c Mango Chunks 1/3c	Teriyaki Chicken 2 oz Broccoli 1/3c WG Rice 1/3c Fresh Banana 1/2
5	6	7	8	9
HOLIDAY	CN Chicken Patty 3 oz WG Bun 1 Mixed Vegetables 1/3c Mango Chunks 1/3c	Beef & Cheese Burrito 2 oz Diced Carrots 1/3c Diced Pears 1/3c	CN Turkey Burger w/ Cheese 3 oz Green Beans 1/3c Diced Peaches 1/3c WG Hamburger Bun 1	Parsley Lemon Chicken 3 oz Brown Rice 1/3c Sweet Peas 1/3c Fresh Banana 1/2
12	13	14	15	16
CN Chicken Nuggets 3 oz Broccoli 1/3c Blueberries 1/3c 1 WG Dinner Roll	WG Grilled Cheese 4 oz Green Beans 1/3c Applesauce 1/3c	CN Beef Burger w/ Cheese 3.5 oz Peas 1/3c Pineapple Tidbits 1/3c WG Hamburger Bun 1	WG Cheese Pizza 3 oz Romaine/Cucumber Salad 1/3c Fresh Apple Slices 2 oz	Turkey and Cheese Sandwich 2 oz Fresh Orange 1 Baby Carrots & Ranch 2 oz
19	20	21	22	23
Meatball Sub 2 oz Broccoli 1/3c Diced Strawberries 1/3c WG Hotdog Bun 1	WG Grilled Cheese 4 oz Green Beans 1/3c Applesauce 1/3c	Meatloaf 4 oz Mashed Potatoes 1/3c WG Dinner Roll 1 Fresh Banana 1/2	WG Cheese Ravioli 4 oz Mixed Vegetables 1/3c Sliced Peaches 1/3c	Wow Butter & Jelly 2.4 oz Fresh Orange 1 Romaine/Cucumber Salad 1/3c Cheese Stick 1
26	27	28	29	30
WG Chicken Strips 2 oz Green Beans 1/3c Fresh Apple Slices 2 oz 1 WG Dinner Roll	Turkey and Cheese Sandwich 2 oz Baby Carrots/Ranch 2 oz Mango Chunks 1/3c	WG Macaroni and Cheese 6 oz Peas 1/3c Diced Pears 1/3c	Sloppy Joes 2 oz Mixed Vegetables 1/3c Fresh Banana 1/2	Chicken Taco 2 oz Sweet Corn 1/4c Lettuce/Cheese/Salsa 1/2c Sliced Peaches 1/3c Flour Tortilla 1

	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