HORIZON EDUCATION CENTERS
::: A World of Learning :::

HORIZON EDUCATION CENTERS

September 2021

		1	2	3
		Meatball Sub 2 oz Cauliflower 1/3c Srawberries 1/3c WG Hotdog Bun 1	WG Chicken Patty 2 oz Green Beans 1/3c Fresh Apple Slices 1/3c WG Hamburger Bun	Turkey Burgers 2 oz Peas 1/3c Diced Pears in Juice 1/2 WG Hamburger Bun
6	7	8	9	10
H O L I D A Y	Diced Chiken w/Gravy 3 oz Broccoli 1/3c Strawberries 1/3c Biscuit 1	WG Cheese Ravioli 4 oz Romaine/Cucumber Salad 1/2c Fresh Apple Slices 1/3c	BBQ Meatballs 2 oz Sweet Peas 1/3c Mango 1/3c Dinner Roll 1	WG Grilled Cheese Sand 4 oz Pineapple Tidbits 1/3c Green Beans 1/3c
13	14	15	16	17
Meatball Sub oz Mixed Vegetables 1/3c Strawberries 1/3c	Chicken Taco 2 oz Lettuce/Salsa/Cheese 1/2c Flour Tortilla 1 Mango 1/3c	WG Cheese Bosco Stick 3 oz Green Beans 1/3c Diced Peaches 1/3c	Turkey Sausage 2 oz Mini Pancakes 3 oz Cauliflower 1/3c Fresh Apple Slices 1/3c	Beef Patty 2 oz Fresh Banana 1/2c Baby Carrots & Ranch 1/3c WG Hamburger Bun 1
20	21	22	23	24
WG Chicken Nuggets 2 oz Applesauce 1/3c Green Beans 1/3c Dinner Roll 1	WG Cheese Ravioli 4 oz Romaine/Cucumber Salad 1/2c Blueberries 1/3c	BBQ Diced Chicken 2 oz Broccoli 1/3c Buttered Whole Potatoes 1/3c Mango 1/3c	Meatloaf 2 oz Dinner Roll 1 Cauliflower 1/3c Strawberries 1/3c	Turkey Cheese Sand 2 oz Fresh Banana 1/2c Baby Carrots & Ranch 1/3c
27	28	29	30	
WG Cheese Bosco Stick 3 oz Diced Carrots 1/3c Blueberries 1/3c	Chicken Taco 2 oz Lettuce/Salsa/Cheese 1/2c Srawberries 1/3c Flour Tortilla 1	WG Cheese Pizza 4 oz Broccoli 1/3c Diced Peaches 1/3c	Turkey Sausage 2 oz Mini Pancakes 3 oz Cauliflower 1/3c Fresh Aplle Slices 2 oz	

	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

This Institution is an Equal Opportunity Provider.

Unflavored Milk is served with lunch