

## April Head Start & Pre-K 2018

| WEEK 1                                   | MON                           | TUES                                | WED                           | THU                     | FRI                             |
|--|-------------------------------|-------------------------------------|-------------------------------|-------------------------|---------------------------------|
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| GRAIN                                    |                               |                                     |                               |                         |                                 |
| GRAIN                                    |                               |                                     |                               |                         |                                 |
| VEG                                      |                               |                                     |                               |                         |                                 |
| VEG                                      |                               |                                     |                               |                         |                                 |
| VEG                                      |                               |                                     |                               |                         |                                 |
| FRUIT                                    |                               |                                     |                               |                         |                                 |
| FRUIT                                    |                               |                                     |                               |                         |                                 |
| CONDIMENTS                               |                               |                                     |                               |                         |                                 |
| CONDIMENTS                               |                               |                                     |                               |                         |                                 |
| WEEK 2                                   | MON 04/9                      | TUES 04/10                          | WED 04/11                     | THU 04/12               | FRI 04/13                       |
| MEAT/MA                                  | Chicken Tender w/             | Salisbury Steak w/Gravy -9g.        | Pepperoni Pizza - 39 g.       | 3 Cheese Panini - 27 g. | Monterey Chicken Patty - 40 g.  |
| MEAT/MA                                  | Potato Wedges - 24g.          |                                     |                               |                         |                                 |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| GRAIN                                    | Dinner Roll -12g. (1 grain)   | Dinner Roll -12g. (1 grain)         |                               |                         |                                 |
| GRAIN                                    |                               |                                     |                               |                         |                                 |
| GRAIN                                    |                               |                                     |                               |                         |                                 |
| VEG                                      |                               | Mashed Potatoes -17 g.              | Whole Kernel Corn - 17 g.     | Broccoli - 2 g.         | Diced Carrots - 9 g.            |
| VEG                                      |                               |                                     |                               |                         |                                 |
| VEG                                      |                               |                                     |                               |                         |                                 |
| FRUIT                                    | Pineapple Tidbits - 16 g.     | Cinnamon Applesauce - 25 g.         | Diced Pears                   | Peaches 1/2 c. - 17 g.  | Mixed Fruit-18 g.               |
| FRUIT                                    |                               |                                     |                               |                         |                                 |
| CONDIMENTS                               | Ketchup- 3 g. & Mustard- 0 g. |                                     |                               |                         | Ketchup- 3 g. & Mustard- 0 g.   |
| CONDIMENTS                               | BBQ Sauce, 11 g.              |                                     |                               |                         |                                 |
| <b>April Head Start &amp; Pre K 2018</b> |                               |                                     |                               |                         |                                 |
| WEEK 3                                   | MON 04/16                     | TUES 04/17                          | WED 04/18                     | THU 04/19               | FRI 04/20                       |
| MEAT/MA                                  | Pizza Dippers -3 g.           | Ranch Turkey Burger on WG Bun-29 g. | Crispy Chicken Tenders -16 g. | Rotini Bake -38 g.      | Hot Dog w Potato Rounds - 28 g. |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |
| MEAT/MA                                  |                               |                                     |                               |                         |                                 |

|            |                                    |                               |   |                             |                               |
|------------|------------------------------------|-------------------------------|---|-----------------------------|-------------------------------|
| GRAIN      |                                    |                               | Dinner Roll -12g. (1 grain)             | Dinner Roll -12g. (1 grain) |                               |
| GRAIN      |                                    |                               |   |                             |                               |
| GRAIN      |                                    |                               |   |                             |                               |
| VEG        |                                    |                               |   |                             |                               |
| VEG        | Whole Kernel Corn- 17 g.           | French Fries - 24 g.          | Broccoli -2 g.                          | Green Beans - 2 g.          |                               |
| FRUIT      |                                    |                               |   |                             |                               |
| FRUIT      | Peaches 1/2 c. - 17 g.             | Mixed Fruit-18 g.             | Strawberries                            | Pears - 20 g.               | Applesauce-25 g.              |
| CONDIMENTS | Marinara Dipping Sauce - 9 g.      | Ketchup- 3 g. & Mustard- 0 g. | Ketchup- 3 g. & Mustard- 0 g.           |                             | Ketchup- 3 g. & Mustard- 0 g. |
| CONDIMENTS |                                    |                               | BBQ Sauce, 11 g.                        |                             |                               |
| Week 4     | MON 04/23                          | TUES 04/24                    | WED 04/25                               | THU 04/26                   | FRI 04/27                     |
| MEAT/MA    | Pancakes & Sausage -30 g.          | BBQ Chicken                   | Chicken Nuggets w/Potato Rounds-16.5 g. | Cheese Pizza- 39 g.         | Taco Meat - 11 g.             |
| MEAT/MA    |                                    |                               |   |                             |                               |
| MEAT/MA    |                                    |                               |   |                             |                               |
| MEAT/MA    |                                    |                               |   |                             |                               |
| GRAIN      |                                    |                               | Dinner Roll -12g. (1 grain)             |                             |                               |
| GRAIN      |                                    |                               |   |                             |                               |
| GRAIN      |                                    |                               |   |                             | Tortilla Shell - 15g.         |
| VEG        | Fruitables Juice -14 g.            |                               |   |                             |                               |
| VEG        |                                    | Chips -19 g.                  |   | Broccoli - 2 g.             | Garden Vegetables - 12 g.     |
| VEG        |                                    |                               |   |                             |                               |
| FRUIT      |                                    |                               |   |                             |                               |
| FRUIT      | Peaches 1/2 c. - 17 g.             | Pears - 20 g.                 | Mixed Fruit-18 g.                       | Applesauce-25 g.            | Pineapple Tidbits - 16 g.     |
| FRUIT      |                                    |                               |   |                             |                               |
| CONDIMENTS |                                    |                               | Ketchup- 3 g. & Mustard- 0 g.           |                             |                               |
| CONDIMENTS | Syrup-31g.                         |                               | BBQ Sauce, 11 g.                        |                             |                               |
| Week 5     | MON 04/30                          | TUES                          | WED                                     | THU                         | FRI                           |
| MEAT/MA    | Popcorn Chicken - 16 g.            |                               |   |                             |                               |
| MEAT/MA    |                                    |                               |   |                             |                               |
| MEAT/MA    |                                    |                               |   |                             |                               |
| MEAT/MA    |                                    |                               |   |                             |                               |
| GRAIN      | Dinner Roll -12g. (1 grain)        |                               |   |                             |                               |
| GRAIN      |                                    |                               |   |                             |                               |
| VEG        | Raw Veggies-6 g. w/Ranch Dip -3 g. |                               |   |                             |                               |
| VEG        | Whole Kernel Corn -17 g.           |                               |   |                             |                               |
| FRUIT      |                                    |                               |   |                             |                               |
| FRUIT      |                                    |                               |   |                             |                               |
| FRUIT      | Peaches 1/2 c. - 17 g.             |                               |   |                             |                               |

|            |                               |  |  |  |           |
|------------|-------------------------------|--|--|--|-----------|
| CONDIMENTS | Ketchup- 3 g. & Mustard- 0 g. |  |  |  |           |
| CONDIMENTS |                               |  |  |  |           |
|            |                               |  |  |  | 3/10/2018 |

All Serving Sizes of vegetables are 1/2 cup unless noted (\* = 1/2 c serving, ~ = 3/4 c serving & ^ = 1 c serving) .

All Serving Sizes of Fruit are 1/2 cup. Servings of Grains are 1-2 oz. Condiments are 1-2 Tbsp. All meals include Fat-Free or Low-Fat Milk Unflavored Milk -13 g. Flavored Milk -20 g. Fresh Apple - 22 g. Fresh Orange - 21 g. Petite Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.





