

## December 2017 Head Start/Pre-K

WEEK 1	MON	TUES	WED	THU	FRI 12/1
MEAT/MA					Crispy Chicken Fillet on WG Bun 35g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					Whole Kernel Corn-17.1g.
VEG					
FRUIT					
FRUIT					Mixed Fruit-18 g.
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					
WEEK 2	MON 12/4	TUES 12/5	WED 12/6	THU 12/7	FRI 12/8
MEAT/MA	Chicken Dippers	Beef and Cheese Buritto-34.4	Pepperoni Pizza-38.4 g.	PopCorn Chicken-15.5 g.	Cheeseburger
MEAT/MA	w/Tomato Parm Sauce 23.4 g				w/WG Bun-22.2 g.
MEAT/MA					
MEAT/MA					
GRAIN		Chips (1) 19 g.			
GRAIN	Dinner Roll -12g. (1 grain)			Dinner Roll -12g. (1 grain)	
GRAIN					
VEG					
VEG	Diced Carrots-8.8g.	Mixed Vegetables-19.8 g.	Broccoli -4.5 g.	French Fries-24 g.	Maple Baked Beans-29.5g
VEG					
FRUIT					
FRUIT	Pineapple Tidbits - 16 g.	Pears - 20 g.	Mixed Fruit-18 g.	Mandarin Oranges 1/2 c-17 g	Apple sauce-25 g.
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS				Ketchup- 3 g. & Mustard- 0 g.	

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WEEK 3	MON 12/11	TUES 12/12	WED 12/13	THU 12/14	FRI 12/15
MEAT/MA	Chicken Nuggets w/Potato Rounds-18.1g.	Wagon Wheel Pasta w/Meatsauce-36.2 g.	Chicken Pot Pie-32 g.	Cheese Pizza-38.5g.	WG Bagel Dog-32.8g.
MEAT/MA					
MEAT/MA					
MEAT/MA					

MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Garlic Toast -11 g.	Dinner Roll -12g. (1 grain)		
GRAIN					
GRAIN					
VEG				Broccoli -4.5 g.	
VEG		Broccoli -4.5 g.	Fruitable Juice		Maple Baked Beans-29.5g
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Pineapple Tidbits - 16 g.	Rosy Applesauce- 26g	Mixed Fruit-18 g.
CONDIMENTS	BBQ Sauce, 11 g.				Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
Week 4	MON 12/18	TUES 12/19	WED 12/20	THU 12/21	FRI 12/22
MEAT/MA	Pizza Dipper-30g.	Crispy Chicken Fillet on WG Bun 35g.	Taco Scoops-	Grilled Cheesewich-27g	
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN			Chips (1) 19 g.		
GRAIN					
VEG			Broccoli-4.5g.	Fruitable Juice-	
VEG	Green Beans-5.9 g.	Whole Kernel Corn-17.1g.			
VEG					
FRUIT					
FRUIT	Pineapple Tidbits - 16 g.	Applesauce-25 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	
FRUIT					
CONDIMENTS	Marinara Dipping Sauce-8.2g.	Ketchup- 3 g. & Mustard- 0 g.			
CONDIMENTS					
Week 5	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					

VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
					10/27/2017

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.





