

December 2018 Menu Head Start/Pre-K

WEEK 1

MEAT/MA	Pizza Dippers-30g.	Chicken Tenders w/Potato Wedges-24g.	Bean & Cheese Burrito-10g.	PopCorn Chicken-16g.	Salisbury Steak w/Mashed
MEAT/MA					Potatoes-24g.
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN		Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
VEG					
VEG	Green Beans -6 g.		Whole Kernel Corn-17g.	Mixed Vegetables-20g.	
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Applesauce-25g.	Mandarin Oranges 1/2 c-17 g	Mixed Fruit-18 g.
CONDIMENTS	Marinara Dipping Sauce-9g.	BBQ Sauce, 11 g.	Salsa-2 g.	BBQ Sauce, 11 g.	
CONDIMENTS			Sour Cream - 3g.	Ketchup- 3 g.	

WEEK 2

MEAT/MA	Chili-24g.	WG Cheese Pizza-34g.	Hamburger on wg Bun-28g.	Chicken Alfredo Pasta-31g.	Deli Sandwich
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN				Garlic Bread-11g.	
GRAIN	Chips-19g.				
VEG					
VEG	Mixed Vegetables-12g.	Green Beans -6 g.	Whole Kernel Corn-17g.		Baked Beans-34g.
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Orange Smiles-21 g.	Baked Apples-28g.	Mixed Fruit-18 g.
CONDIMENTS			Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					

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WEEK 3

MEAT/MA	WG Penne Pasta w/Meat Sauce-38g.	Chicken Taco-7g.	Crispy Chicken Patty on WG Bun-35g.	WG Pizza-34g.	
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					

GRAIN	Garlic Toast -11 g.	Chips-19g.			
VEG					
VEG	Green Beans -6 g.	Whole Kernel Corn-17g.	Baked Beans-34g.	Broccoli -4 g.	
VEG					
FRUIT					
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Applesauce-25g.	
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS		Sour Cream - 3g.	BBQ Sauce, 11 g.		
Week 4					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
					11/22/2018

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. Petie Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

