

February Head Start-Pre-K Nutritional 2018

WEEK 1	MON	TUES	WED	THU 02/01	FRI 02/02
MEAT/MA				Sausage Pizza-39.2 g.	Southwestern Black Bean & Cheese Burrito-51.6 g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN				Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
VEG				Broccoli- 4.5 g.	Whole Kernel Corn-25.7 g.
VEG					
FRUIT				Pineapple Tidbits - 16 g.	Applesauce-25 g.
FRUIT					
CONDIMENTS					
CONDIMENTS					
WEEK 2	MON 02/05	TUES 02/06	WED 02/07	THU 02/08	FRI 02/09
MEAT/MA	Popcorn Chicken-12 g.	Rotini Bake w/Meatsauce-34g.	Ranch Turkey Burger on WG Bun-24.3g.	Pepperoni Pizza-38.4 g.	Cheeseburger Flatbread
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
VEG					
VEG			Whole Kernel Corn-25.7 g.	Broccoli-4.5 g.	Maple Butter Carrots-
VEG					
FRUIT					
FRUIT	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Frozen Fruit Cup-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.	BBQ Sauce, 11 g.			

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CONDIMENTS	MON 02/12	TUES 02/13	WED 02/14	THU 02/15	FRI 02/16
MEAT/MA	Chicken Tenders-15.9 g.	Pancake & Sausage-38.9 g.	3 Cheese Panini-27.2 g.	Taco Meast w/Soft Shell-33.6g.	Cheese Pizza-38.5 g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					

GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN			Chips-19 g.		
GRAIN					
VEG					
VEG	Green Beans - 4 g.	Tropical Veggie Juice-23g.	French Fries-24 g.	Refried Beans-16.5 g.	Broccoli-4.5 g.
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Pears - 20 g.	Applesauce-25 g.
CONDIMENTS	BBQ Sauce, 11 g.				
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.			
Week 4	MON 02/19	TUES 02/20	WED 02/21	THU 02/22	FRI 02/23
MEAT/MA		WG Chicken Nuggets w/	Hamburger on WG Bun-21.5 g.	Texas Chili- 26 g.	Pizza Dipper-30 g.
MEAT/MA		Potato Rounds-18.1 g.			
MEAT/MA					
MEAT/MA					
GRAIN		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
VEG					
VEG			Maple Butter Carrots-	French Fries-24g.	Broccoli-4.5 g.
VEG					
FRUIT					
FRUIT		Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges-17 g	Pineapple Tidbits - 16 g.
FRUIT					
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		Marinara Dipping Sauce-8.2 g.
CONDIMENTS		BBQ Sauce, 11 g.			
Week 5	MON 02/26	TUES 02/27	WED 02/28	THU	FRI
MEAT/MA	County Chicken Combo-43.9 g.	Pepperoni Pizza-38.4 g.	BBQ Chicken on WG Bun-37.6		
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		
GRAIN					
VEG					
VEG	Whole Kernel Corn-25.7 g.	Broccoli-4.5 g.	Garden Vegetables-12.2g.		
VEG					
FRUIT					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
FRUIT	Peaches 1/2 c. - 17 g.	Applesauce-25 g.	Pears - 20 g.		

CONDIMENTS					
CONDIMENTS					
					1/7/2018

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.

