

2019 February Head Start/Pre-K

WEEK 1

MEAT/MA					Turkey Burger on WG Bun-30g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					Broccoli-2g.
VEG					
FRUIT					
FRUIT					Pears - 20 g.
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					

WEEK2

MEAT/MA	Pancakes & Sausage-30g.	Cheese Pizza-34g.	Chicken Nuggets-12g.	Salisbury Steak w/Potato w/Gravy-25g.	Deli Sandwich-
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN			Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN					
VEG					
VEG	Potato Rounds-17g.	Green Beans-6g	Broccoli -2 g.		Side Salad-5g.
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Applesauce-25g.
CONDIMENTS	Syrup		Ketchup-3 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS			BBQ Sauce, 11 g.		

WEEK 3

MEAT/MA	Pepperoni Pizza-34g.	Bean & Cheese Burrito-39g.	Chicken Nuggets-12g.	Mac & Cheese-39g.	Sloppy Joe on WG Bun
MEAT/MA					
MEAT/MA					
MEAT/MA					

GRAIN					
GRAIN			Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN					
VEG					
VEG	Green Beans-6g.	Corn-17 g.	Fiesta Baked Beans-42g.	Broccoli-2g.	Mixed Vegetables-20g.
VEG					
FRUIT					
FRUIT	Baked Apples-56g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Frozen Fruit Cup-18 g.	Mixed Fruit-18 g.
CONDIMENTS		Salsa-2 g.	Ketchup-3 g.		
CONDIMENTS		Sour Cream - 3g.	BBQ Sauce, 11 g.		

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WEEK 4					
MEAT/MA		Taco Meat w/WG Tortilla Shell-	Charbroiled Hamburger-28g.	Pizza Dippers-30g.	Crispy Chicken Patty on WG Bun-41g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG		Corn-17g.	French Fries-16g.	Marinara Dipping Sauce-9g.	Broccoli-2g.
VEG				Carrots-	
FRUIT					
FRUIT		Pears - 20 g.	Peaches-17g	Baked Apples-56g.	Applesauce
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.			
Week 5					
MEAT/MA	Deli Sandwich-	3 Cheese Panini-27g.	BBQ Chicken-27g.	Chili-24g.	
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN			Tortilla Chips-19g.	Corn Muffin-37g.	
GRAIN					
VEG					

VEG	Mixed Vegetables-20g.	Tomato Soup-25g.	Maple Baked Beans-34g.	French Fries-16g.	
VEG					
FRUIT					
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Applesauce-25g.	
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
CONDIMENTS					
					1/21/2018

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.

