

January Pre-K/Head Start 2018

WEEK 1	MON 01/08	TUES 01/09	WED 01/10	THU 01/11	FRI 01/12
MEAT/MA	County Chicken Combo-43.9 g.	Cheese Pizza-31.7 g.	Chili-26 g.	Ranch Turkey Burger on WG Bun-22.2 g	Hot dog W/ Potato Rounds-12.1
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)		Chips-19g.		
GRAIN					
VEG	Garden Vegetables-12 g.	Green Beans-5.9 g.	Carrots- 8.8 g.	Broccoli- 4.5 g.	
VEG					
FRUIT	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.
FRUIT					
CONDIMENTS				Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					
WEEK 2	MON 01/15	TUES 01/16	WED 01/17	THU 01/18	FRI 01/19
MEAT/MA		WG Chicken Nuggets W/Potato Rounds-18 g.	Cheeseburger on WG Bun-21.6 g.	Cheesy Chicken Vegetable Stew-21 g.	Bagel Dog-32.8 g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN		Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)	
GRAIN					
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG			Whole Kernel Corn-25.7 g.	Broccoli-4.5 g.	Garden Vegetables-12 g.
VEG					
FRUIT					
FRUIT		Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Pears - 20 g.	Applesauce-25 g.
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		BBQ Sauce, 11 g.			

January Pre-K/Head Start 2018

WEEK 3	MON 01/22	TUES 01/23	WED 01/24	THU 01/25	FRI 01/26
MEAT/MA	Pizza Dippers-30 g.	Chicken Drumstick w/Potato	Taco Meat-11.3 g.	Popcorn Chicken-12 g.	Salisbury Steak w/Mashed
MEAT/MA		Rounds- 15.5 g.			Potatoes & Gravy-21.7 g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN		Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)

GRAIN			Chips-19 g.		
GRAIN					
VEG					
VEG	Gareden Vegetables-12.2 g.		Refried Beans-16.5 g.	Broccoli-4.5 g.	
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Mandarin Oranges-17 g	Apple sauce-25 g.
CONDIMENTS	Marinara Sauce-8.2 g.			Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		BBQ Sauce, 11 g.	
Week 4	MON 01/29	TUES 01/30	WED 01/31	THU	FRI
MEAT/MA	WG Chicken Nuggets w/	Toasted Cheese Sandwich-55.3 g.	Crispy Chicken Fillet on WG Bun-32g.		
MEAT/MA	Potato Rounds-18.1 g.				
MEAT/MA		Cheese Sandwich 26 g.			
MEAT/MA		Chef Salad-5g			
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN					
VEG					
VEG		Tomato Soup-24.3 g.	Maple Baked Beans-29.5 g.		
VEG					
FRUIT					
FRUIT	Peaches- 17 g.	Apple sauce-25 g.	Mixed Fruit-18 g.		
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	BBQ Sauce, 11 g.		BBQ Sauce, 11 g.		
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				
				11/27/2017

11/27/2017

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.

