

### March Head Start-Pre-K Nutritional 2018

WEEK 1	MON	TUES	WED	THU 03/01	FRI 03/02
MEAT/MA				BBQ Chicken-17g	Cavatappi & Cheese-39g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN				Chips-19g.	Dinner Roll -12g. (1 grain)
GRAIN					
VEG				Garden Vegetables-12.2g.	Broccoli-4.5g.
VEG					
FRUIT				Pineapple Tidbits - 16 g.	Applesauce-25 g.
FRUIT					
CONDIMENTS					
CONDIMENTS					
WEEK 2	MON 03/05	TUES 03/06	WED 03/07	THU 03/08	FRI 03/09
MEAT/MA	French Toast Sticks w/Sausage-39g.	Baked Chicken Nuggets-12g.	Spagetti & Meat Balls-42g.	Cheese Pizza-39g.	WG Grilled Cheese
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN		Dinner Roll -12g. (1 grain)	Garlic Toast -11 g.		
GRAIN					
VEG	Potato Rounds-18.1g.	California Blend-9g.	Broccoli-4.5 g.	Green Beans-6g.	Maple Baked Beans-34g.
VEG					Maple Butter Carrots-
VEG					
FRUIT					
FRUIT	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Applesauce-25 g.
CONDIMENTS		Ketchup- 3 g.			
CONDIMENTS		BBQ Sauce, 11 g.			

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CONDIMENTS	MON 03/12	TUES 03/13	WED 03/14	THU 03/15	FRI 03/16
MEAT/MA	Chicken Fries w/ri tators-33g.	Taco Meat-19g.	Chicken Drumstick w/	Pizza Dippers-30g.	
MEAT/MA			Potatoe Rounds-16g.		
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Taco Shell-	Dinner Roll -12g. (1 grain)		
GRAIN			Chips-19 g.		

GRAIN					
VEG				Marinara Sauce-9g.	
VEG		Whole Kernel Corn-25.7 g.	French Fries-24 g.	Carrots-9 g.	
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Pears - 20 g.	
CONDIMENTS					
CONDIMENTS					
Week 4	MON 03/19	TUES 03/20	WED 03/21	THU 03/22	FRI 03/23
MEAT/MA	Chicken Dippers w/Tomato Parmesan-22g	Pepperjack Cheese Burger on WC Bun-28g.	Mini Corn Dogs-31g.	Cheese Pizza-39g.	Chili w/Beans-24g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)		Cheezits-
GRAIN					
VEG					
VEG	Green Beans-6g.	Maple Baked Beans-34g.	Fries-16g.	Broccoli-4.5g.	Whole Kernel Corn-26g.
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mix Fruit-18g.	Applesauce-26g.	Mix Fruit-18g.
FRUIT					
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS		BBQ Sauce, 11 g.			
Week 5	MON 03/26	TUES 03/27	WED 03/28	THU 03/29	FRI 03/30
MEAT/MA	Popcorn Chicken-16g.	Pepperoni Pizza-38.4 g.	Chicken Tenders w/	Homestyle Salisbury Steak	
MEAT/MA			Potato Wedges-21.4g.	Wgravity	
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN					
VEG					
VEG	Country Blend Veggies-12.2g.	Broccoli-4.5 g.		Mashed Potatoes-17.2g.	
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Applesauce-25 g.	Pears - 20 g.	Pineapple Tidbits - 16 g.	
FRUIT					
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.





