

2019 March 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					

WEEK 2

MEAT/MA	Pancakes & Sausage-30g	Popcorn Chicken -16g.	Pizza Dipper-33g.	BBQ Chicken -17g.	Deli Sandwich-
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN		Dinner Roll -12g. (1 grain)			
GRAIN				WG Hamburger Bun-26g.	
VEG					
VEG	Potato Rounds-26g.	Country Blend Vegetables-16g.	Corn-17g.	Maple Baked Beans-34g.	Broccoli-2g.
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		Ketchup- 3 g.	Marinara Sauce-9g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		BBQ Sauce, 11 g.			

WEEK 3

MEAT/MA	Chicken Tenders- w/Pot. Wedges24 g.	Cheeseburger on WG Bun-28g.	Chicken Wings-6g.	BBQ Chicken -17g.	
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)	WG Hamburger Bun-26g.	

GRAIN					
VEG					
VEG		Green Beans-6g.	Broccoli -4 g.	Maple Baked Beans-34g.	
VEG					
FRUIT					
FRUIT	Applesauce-25g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g.		
CONDIMENTS	BBQ Sauce, 11 g.		BBQ Sauce, 11 g.		
WEEK 4					
MEAT/MA	Penne Pasta w/Meat Sauce-38g.	BBQ Chicken -17g.	Deli Sub Sandwich-	Chicken Taco-7g.	Vegetarian Chili w/Beans
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	WG Hamburger Bun-26g.			Dinner Roll -12g. (1 grain)
GRAIN				6" WG Taco Shell-	
GRAIN					
VEG					
VEG	Green Beans-6g.	Maple Baked Beans-34g.	Corn-17g.	Broccoli-2g.	Mixed Vegetables-20g.
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Applesauce-25g.	Peaches 1/2 c. - 17 g.
CONDIMENTS			Ketchup- 3 g. & Mustard- 0 g.	Taco Sauce	
CONDIMENTS					
Week 5					
MEAT/MA	Meatloaf Panini-30g.	Deli Sub Sandwich-	Turkey Burger on WG Bun w/Potato Weges-30g	Chicken Dunkers w/Parm Marinara-22g.	Lunchable-
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN				Dinner Roll -12g. (1 grain)	
GRAIN					
GRAIN					
VEG					
VEG	French Fries-24g.	Corn-17g.	Maple Baked Beans-34g.	Green Beans-g.	Broccoli-2g.
VEG					

FRUIT					
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Applesauce-25g.	Pears - 20 g.
FRUIT					
CONDIMENTS	Ketchup-3 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	BBQ Sauce, 11 g.				
					1/21/2019

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.

