

## May Head Start/Pre-K 2018

WEEK 1	MON	TUES 5/1	WED 5/2	THU 5/3	FRI 5/4
MEAT/MA		Cheese Pizza-39 g.	Soft Taco-6 g.	Cheese Burger on WG Bun-27 g.	WG Bagel Dog-34 g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN			WG Chips-19 g.		
VEG		Green Beans-6 g.	Refried Beans-22 g.	French Fries - 24 g.	Broccoli-2 g.
VEG					
VEG					
FRUIT		Applesauce-25 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.
FRUIT					
CONDIMENTS			Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS			Sour Cream - 3g.		
WEEK 2	MON 05/7	TUES 05/8	WED 05/9	THU 05/10	FRI 05/11
MEAT/MA	Chicken Tenders w/Potato Wedges-24 g.	Salisbury Steak w/Gravy-9 g.	Crispy Chicken Filet on WG Bun-40g.	Beef & Cheese Burrito-34 g.	Pepperoni Pizza-39 g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN		Mashed Potatoes-17 g.	Garden Vegetables-16 g.	Whole kernel Corn-17 g.	Broccoli-2 g.
VEG					
VEG					
VEG					
FRUIT	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.	Fresh Fruit	Peaches 1/2 c. - 17 g.	Fresh Fruit Bowl
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	
CONDIMENTS	bbq sauce, 11 g.			Sour cream - 3g.	
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WEEK 3	MON 05/14	TUES 05/15	WED 05/16	THU 05/17	FRI 05/18
MEAT/MA	Pizza Dipper-30 g.	Ranch Turkey Burger on WG Bun-29 g.	Crispy Chicken Tenders-16 g.	Rotini Bake-38 g.	Hot Dog on WG Bun w/Potato Rounds-52 g
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN			Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN					

GRAIN					
VEG					
VEG	Whole kernel corn-9 g.	Maple Baked Beans-34 g.	Broccoli- 4g	Green Beans-6 g.	
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Mixed Fruit-18 g.	Pears - 20 g.	Applesauce-25 g.
CONDIMENTS	Marinara Dipping Sauce-9 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS			BBQ Sauce, 11 g.		
Week 4	<b>MON 05/21</b>	<b>TUES 05/22</b>	<b>WED 05/23</b>	<b>THU 05/24</b>	<b>FRI 05/25</b>
MEAT/MA	Chicken Nuggets w/ Potato Rounds-22 g.	Vegetarian Chili w/Beans-32 g.	Cheese Pizza - 40 g.	BBQ Chicken on WG Bun-42 g.	Soft Shell Taco-31 g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)				Taco Shell-
GRAIN		Chips 19 g.			
GRAIN					
VEG					
VEG		French Fries-24 g.	Broccoli- 2g	Garden Vegetables-12 g.	Whole Kernel Corn-17 g.
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Applesauce-25 g.	Pineapple Tidbits - 16 g.
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.			BBQ Sauce, 11 g.	
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.
Week 5	<b>MON 05/28</b>	<b>TUES 5/29</b>	<b>WED 5/30</b>	<b>THU 5/31</b>	<b>FRI</b>
MEAT/MA		Pepperoni Pizza-39 g.	Popcorn Chicken-15.5 g.	Cheese Burger on WG Bun-27 g.	
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN			Dinner Roll -12g. (1 grain)		
GRAIN					
VEG					
VEG		Green Beans-6 g.	Mixed Vegetables-19.8 g.	French Fries-24 g.	
FRUIT					
FRUIT					
FRUIT		Pears - 20 g.	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	
CONDIMENTS			Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS			BBQ Sauce, 11 g.		
					<b>4/10/2018</b>

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.





