

November 2018 Head Start/Pre-K

WEEK 1

MEAT/MA				Chili-24g.	Italian Chicken Parmesan-21g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN				Corn Muffin-	
GRAIN				Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				WG Chips-19g.	
VEG					
VEG				French Fries-16g.	Broccoli-4g.
VEG					
FRUIT					
FRUIT				Pears - 20 g.	Applesauce-25g.
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					

WEEK 2

MEAT/MA	WG Cheese Pizza-34g.		Bologna Sub on WG Bun-	Chicken Tenders w/Potato Wedges-24g.	Ranch Turkey Burger on WG Bun-30g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN				Dinner Roll -12g. (1 grain)	
GRAIN					
VEG					
VEG	Mixed Vegetables-12g.		Baked Beans-34g.		Broccoli-4g.
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.		Applesauce-25g.	Mandarin Oranges 1/2 c-17 g	Mixed Fruit-18 g.
CONDIMENTS			Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					BBQ Sauce, 11 g.

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WEEK 3

MEAT/MA	BBQ Chicken-17g.	Pizza Dippers-30g.	Cheeseburger on WG Bun- 28 g.	Popcorn Chicken-16g.	WG Bagel Dog-33g.
MEAT/MA					
MEAT/MA					
MEAT/MA					

MEAT/MA					
GRAIN				Dinner Roll -12g. (1 grain)	
GRAIN	WG Tosito Chips-19g.				
GRAIN					
VEG					
VEG	Baked Beans-34g.	Mixed Vegetables-12g.	Potato Rounds-18.1g.	Broccoli-4g.	Whote Kernel Corn-17g.
VEG					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Fresh Fruit 1/2 cup	Rosy Applesauce-26g.	Mixed Fruit-18 g.
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Marrinara Sauce-9g.	Ketchup- 3 g. & Mustard- 0 g.	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS				Ketchup- 3 g. & Mustard- 0 g.	
Week 4					
MEAT/MA	WG Sausage Pizza-39.2g.	Turkey w/WG Stuffing & Gravy			
MEAT/MA		and Sweet Potatoes-40g			
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN		Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN					
VEG					
VEG	Whote Kernel Corn-17g.				
VEG					
FRUIT					
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.			
FRUIT					
CONDIMENTS					
CONDIMENTS					
WEEK 5					
MEAT/MA	Spaghetti & Meatballs-33.5g.	Chicken Nuggets w/Potato Rounds-21g.	WG French Bread Cheese Pizza-33g.	Chicken Taco-6g.	Hot Dog on WG Bun w/Potato Rounds-31g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN		Dinner Roll -12g. (1 grain)			
GRAIN	Garlic Bread Stick-11g.			WG Tosito Chips-19g.	

VEG					
VEG	Green Beans -6 g.		Broccoli-4g.	Whote Kernel Corn-17g.	
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. & Mustard- 0 g.			Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		BBQ Sauce, 11 g.		Salsa-2 g.	
				Sour Cream - 3g.	
					10/10/2018

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.

