

November Headstart/Pre-K 2017

WEEK 1	MON 10/29	TUES 10/30	WED 11/1	THU 11/2	FRI 11/3
MEAT/MA	WG Baked Chicken Nuggets-15g.	Cheese Pizza-38.5g,	Beef and Cheese Buritto-34.4	Deli Sub Sandwich	Hot Dog w/Potato Rounds-32.1g.
GRAIN	Dinner Roll -12g. (1 grain)				
GRAIN					
VEG					
VEG	French Fries-24.g.	Broccoli-4.5g.	Diced Carrots-8.8g.	Whole Kernel Corn-17.1g.	
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Pineapple Tidbits - 16 g.	Mandarin Oranges 1/2 c-17 g	Apple sauce-25 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.				
WEEK 2	MON 11/6	TUES 11/7	WED 11/8	THU 11/9	FRI 11/10
MEAT/MA	Cheese Pizza-38.5g.	Bun 35g.	Popcorn Chicken-12g.	Vegetarian Chili w/Beans-26g.	Salisbury w/Gravy-11.4g.
GRAIN			Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
VEG	Broccoli-4.5g.	Garden vegetables-12.2	Maple Baked Beans-29.5g.	Whole Kernel Corn-17.1g.	Washed Potatoes-17.2g.
FRUIT	Mixed Fruit-18 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Apple sauce-25 g.	Frozen Fruit Cup-18 g.
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.	BBQ Sauce, 11 g.		
CONDIMENTS			Ketchup- 3 g. & Mustard- 0 g.		

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WEEK 3	MON 11/13	TUES 11/14	WED 11/15	THU 11/16	FRI 11/17
MEAT/MA	Chicken Tenders w/Potato Wedges-21.4g.	Rotini Bake w/Meat sauce-34g.	Pepperoni Pizza-38.4g.	Santa Fe Chicken-24g.	Ranch Turkey Burger on WG Bun-24.3g.
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN				Chips 19 g.	
GRAIN					
VEG		Green Beans-5.9g.	Broccoli-4.5g.	Garden Vegetables-12.2	Maple Baked Beans-29.5 g.
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Mandarin Oranges 1/2 c-17 g	Pineapple Tidbits - 16 g.
CONDIMENTS	BBQ Sauce, 11 g.				
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
Week 4	MON 11/20	TUES 11/21	WED 11/22	THU 11/23	FRI 11/24
MEAT/MA	Pizza Dipper-30g.	Turkey w/Gravy & WG Stuffing w/Mashed Potatoes-41.1g.			
GRAIN					
VEG	Green Beans-5.9g.				
FRUIT	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.			

FRUIT					
CONDIMENTS	Marinara Dipping Sauce-8.2g.				
CONDIMENTS					
Week 5	MON 11/27	TUES 11/28	WED 11/29	THU 11/30	FRI 12/1
MEAT/MA	Chicken Nuggets w/Potato Rounds-18.1g.	Cheese Pizza-38.5g,	Chicken Taco-5g.	Crispy Chicken Fillet on WG Bun-35g.	Hot Dog w/Potato Rounds-32.1g.
GRAIN	Dinner Roll -12g. (1 grain)		Chips 19 g.		
VEG		Diced Carrots-8.8g.		Whole Kernel Corn-17.1g.	
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Apple sauce-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.		Salsa-2 g.	BBQ Sauce, 11 g.	
			Sour Cream - 3g.		10/17/2017

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. Fresh Apple - 22 g. Fresh Orange - 21 g. Petite Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

