

October 2018 Head Start/Pre-K

WEEK 1

MEAT/MA	Chicken Nuggets w/Potato Rounds-22g.	WG Pepperoni Pizza-34 g.	Taco Meat-11g.	Cheeseburger- 28 g.	WG Turkey & Cheese Sandwich
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN	Dinner Roll -12g. (1 grain)				
GRAIN			WG Chips-19g.		
VEG					Hot Vegetable
VEG		Mixed Vegetables-12 g.	Corn 1/2 c-17 g.	Broccoli-4g.	
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Fresh Fruit	Pears - 20 g.	Applesauce-25g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.			Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.				

WEEK 2

MEAT/MA	WG Cheese Pizza-34g.	Salisbury Steak w/Gravy & Mashed Potatoes-25g.	WG Breaded Chicken Strips-15g.	Chili-24g.	WG Crispy Chicken Patty on WG Bun-41g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)
GRAIN				WG Chips-19g.	
VEG					
VEG	Green Beans -6 g.		Broccoli -4 g.	Mixed Vegetables-12 g.	Baked Beans-34g.
VEG					
FRUIT					
FRUIT	Pineapple Tidbits - 16 g.	Pears - 20 g.	Applesauce 25g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.
CONDIMENTS			Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS			BBQ Sauce, 11 g.		BBQ Sauce, 11 g.

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WEEK 3

MEAT/MA	WG French Toast Stick w/ Sausage-44g.	WG Crispy Chicken Patty on WG Bun-41g.			
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					

GRAIN		Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN					
VEG					
VEG	Potato Rounds-	Baked Beans-34g.			
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.			
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.			
CONDIMENTS	Syrup-31g.	BBQ Sauce, 11 g.			
Week 4					
MEAT/MA	Pizza Dippers-30g.	WG Chicken Queso Burrito-33g.	Ranch Turkey Burger on WG Bun-30g.	WG Chicken Nuggets-12g.	Rotini Bake w/Meatsauce-38g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN				Dinner Roll -12g. (1 grain)	
GRAIN					Garlic Toast -11 g.
GRAIN					
VEG					
VEG	Mixed Vegetables-12g.	Refried Beans-22 g.	French Fries-16g.	Whole Kernel Corn-17g.	Broccoli-4g.
VEG	Marrinara Sauce-9g.		Romaine Side Salad-5g.		
FRUIT					
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Applesauce-25g.	Pears - 20 g.
FRUIT					
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g.	
CONDIMENTS		Sour Cream - 3g.	BBQ Sauce, 11 g.	BBQ Sauce, 11 g.	
WEEK 5					
MEAT/MA	WG Chicken Strips w/	WG French Bread Cheese Pizza-33g.	WG Mac & Cheese-39g.		
MEAT/MA	Sweet Potato Puffs-28g.				
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)		
GRAIN					
VEG					
VEG	Green Beans -6 g.	Whole Kernel Corn-17g.	Country Blend Vegetables-16g.		

VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Applesauce 25g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
CONDIMENTS	BBQ Sauce, 11 g.				
					9/10/2018

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.

