

## 2019 October Head Start

### WEEK 1

MEAT/MA	Chicken Strips w/Sweet Potatoes-39g.	Meatball Sub-14g.	Teriyake Chicken Patty on WG Bun-34g.	BBQ Chicken on WG Bun-43g.	Cheeseburger- 29 g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN	Dinner Roll -12g. (1 grain)				
GRAIN					
VEG					
VEG		Potato Rounds-18g	Broccoli -4 g.	Baked Beans 34g.	French Fries-24g.
VEG					
FRUIT					
FRUIT	Peaches - 17 g.	Mixed Fruit-18 g.	Fresh Fruit	Pears - 20 g.	Peaches - 17 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.				

### WEEK 2

MEAT/MA	Chicken Nuggets-12g.	Ranch Turkey Burger on WG Bun-30g.	Macaroni & Cheese-37g.	Popcorn Chicken-16g.	Pizza Dipper-30g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN					
VEG					
VEG	Corn-26g.	Potato Rounds-27g.	Broccoli -4 g.	Corn-26g.	Mixed Vegetables-12g.
VEG					
FRUIT					
FRUIT	Peaches - 17 g.	Pears - 20 g.	Peaches - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-9g.
CONDIMENTS	BBQ Sauce, 11 g.			BBQ Sauce, 11 g.	

### WEEK 3

MEAT/MA	Sloppy Joe on WG Bun-42g.	Chicken Nuggets-12g.			
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN		Dinner Roll -12g. (1 grain)			

GRAIN				
GRAIN				
VEG				
VEG	Mixed Vegetables-12g.	Country Blend Vegetables-16g.		
VEG				
FRUIT				
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.		
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS		BBQ Sauce, 11 g.		
Week 4				
MEAT/MA				
MEAT/MA				
MEAT/MA				
MEAT/MA				
MEAT/MA				
GRAIN				
GRAIN				
GRAIN				
VEG				
VEG				
VEG				
FRUIT				
FRUIT				
FRUIT				
CONDIMENTS				
CONDIMENTS				
				8/20/2019

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.



