

September Head Start/Pre-K

WEEK 1

MEAT/MA		Spaghetti & Meatballs-33.5g.	WG Flatbread Cheese Pizz - 35g.	Chicken Queso Burrito-33.2	Mini Corn Dogs & Chicken Fun Mix-25.5g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN		Garlic Toast -11 g.			
GRAIN					
GRAIN					
VEG					
VEG		Green Beans-5.9g.	Garden Vegetables-12.2g.	Refried Beans-16.5g.	French Fries-24g.
VEG					
FRUIT					
FRUIT		Pears - 20 g.	Fresh Fruit	Pears - 20 g.	Applesauce-25g.
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					

WEEK 2

MEAT/MA	Chicken Tenders w/Sweet Potato Puffs-28.1	Salisbury Steak w/Gravy-11.4g.	Cheesy Flatbread-	BBQ Chicken-17.6g.	Bagel Dog-32.8g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN				Chips (1)-19g.	
VEG					
VEG		Mashed Potatoes-17.2g.	Broccoli -4 g.	Whole Kernel Corn-25.7g.	Mixed Vegetables-19.8g.
VEG					
FRUIT					
FRUIT	Pineapple Tidbits - 16 g.	Pears - 20 g.	Baked Apples-	Mandarin Oranges 1/2 c-17 g	Applesauce-25g.
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	Chicken Dippers-30g.	Pancakes & Sausage-30.5g.	Flatbread Pepperoni Pizza-	Macaroni & 39.5g.Cheese-	Charbrolied Hamburger-35g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					

GRAIN	Dinner Roll -12g. (1 grain)			Dinner Roll -12g. (1 grain)	
GRAIN					
GRAIN					
VEG					
VEG	Green Beans-5.9g.	Golden Potato Rounds-27.2g.	Broccoli -4.5 g.	Mixed Vegetables-19.8g.	Baked Beans-29.5g.
VEG					
FRUIT					
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Mixed Fruit-18 g.	Applesauce-25g.
CONDIMENTS	Marinara Dipping Sauce-3.2g.	Syrup-31g.			Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
Week 4					
MEAT/MA	Pizza Dipper-30g.	Chicken Queso Burrito-33.2g.	Ranch Turkey Burger on WG Bun-29 g.	Popcorn Chicken-15.5g.	Hot Dog on WG Bun w/
MEAT/MA					Potato Rounds-32.1g.
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN				Dinner Roll -12g. (1 grain)	
GRAIN					
GRAIN					
VEG					
VEG	Green Beans - 5.9 g.	Refried Beans-16.5 g.	French Fries-24g.	Broccoli-4.5g.	
VEG					
FRUIT					
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.	Applesauce-25g.	Pears - 20 g.
FRUIT					
CONDIMENTS	Marinara Dipping Sauce-3.2g.	Salsa-2 g.		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.	Ketchup- 3 g. & Mustard- 0 g.	BBQ Sauce, 11 g.	
					8/22/2018

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.

