

## Head Start Menu 3-5yrs

Week of: 8/26, 9/22, 10/20, 11/17

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	1/3 cup Rice Krispies ½ Bananas  Milk	½ Bagel <b>WG</b> ½ Blueberries Cream cheese  Milk	1 Whole Boiled Egg 1 Slice Wheat Toast ½ Peaches( diced)  Milk	6oz Blueberry Muffin ½ Pears (diced)  Milk	1 waffle <b>WG</b> ½ Unsweetened Applesauce  Milk
<b>Lunch</b>	Chicken Alfredo <b>WG</b> <b>Pasta</b> ¼ Green Beans ¼ Peaches ½ Garlic Bread  Milk	3oz Pinto Beans ¼ Brown Rice ¼ Mandarin Oranges 1 Cornbread Milk	1 Turkey Burger ¼ Oven Fries ¼ Broccoli ¼ Strawberries diced Milk	1.5 oz Chicken Fajita Lettuce Salad ¼ tomatoes ¼ corn 1 Flour Tortilla Milk	½ slice Meatloaf ¼ Green Peas ¼ Apples 1 bread stick Milk
<b>Snack</b>	1 mini Pretzel 1 fruit Cup Mariana Cup  Water	½ Apples Slices 2 Tbsp WOW Butter  Water	1 Cheez-It <b>WG</b> ½ Bananas  Milk	¼ Yogurt –Plain 2oz Cheerios <b>WG</b> ½ Peaches diced  Water	1-String Cheese   Apple Juice

Food Group: G/B: Grain/Bread F/V: Fruit/Vegetable M/MA: Meat/Meat Alternate

NOTE: Milk served will be whole milk up to age 2 and 1% low fat for ages 2-5

A Snack must be made available at all times for Preschool for All during Center Choice time



**Maria Pepito RD, LDN**  
**08/22/2019**

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Week of: 9/1, 9/29, 10/27, 11/24

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	1/3 Corn Chex 1/2 Peaches  Milk	3- French Toast Sticks <b>WG</b> 1/2 Applesauce Milk	1 Biscuit 1/2 Orange Jam Milk	1/4 Oatmeal <b>WG</b> 1 Fruit Cup  Milk	1/3 Cornflakes 1 fruit Cup  Milk
<b>Lunch</b>	Grilled Chicken (1.5 oz)Salad 1/4 Broccoli Soup 1/4 Mandarin Oranges 1/2 Garlic Bread  Milk	1-Turkey Sausage 1/4 Eggs scrambled 1/4 Blueberries 1/4 Broccoli bites 1 Wheat Toast  Milk	5 Chicken Nuggets 1/4 California Blend 1/4 Mixed Fruit 1 Dinner Roll <b>WG</b>  Milk	Grilled Cheese 1/4 Veggie Soup 1/4 Tropical Fruit  Milk	1.5 oz Baked Chicken 1/4 spinach 1/4 pears 1/2 Garlic Bred  Milk
<b>Snack</b>	1 Apple Cinnamon Muffin <b>WG</b> 1 Fruit Cup  Water	1/2 Cucumbers Ranch packet 1 Fruit cup  Water	Rice Krispie <b>WG</b> 1/2 Blueberries  Orange Juice	1/4 Celery Sticks 2Tbsp Wow Butter  Water	1 mini bagel <b>WG</b> Cream Cheese 1/2 apple sauce  Water

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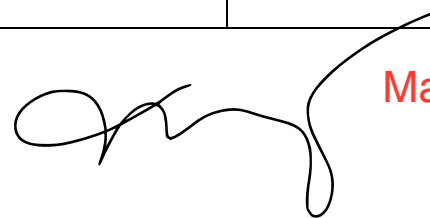
Week of: 9/8, 10/6, 11/3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	1/3 cup Rice Krispies 1/2 Bananas  Milk	1/2 Bagel <b>WG</b> 1/2 Blueberries Cream cheese  Milk	1 Whole Boiled Egg 1 Slice Wheat Toast 1/2 Peaches( diced)  Milk	6oz Blueberry Muffin 1/2 Pears (diced)  Milk	1 waffle <b>WG</b> 1/2 Unsweetened Applesauce  Milk
<b>Lunch</b>	Chicken Alfredo <b>WG</b> 1/4 Green Beans 1/4 Peaches 1/2 Garlic Bread  Milk	3oz Pinto Beans 1/4 Brown Rice 1/4 Mandarin Oranges 1 Cornbread Milk	1 Turkey Burger 1/4 Oven Fries 1/4 Broccoli 1/4 Strawberries diced Milk	1.5 oz Chicken Fajita Lettuce Salad 1/4 tomatoes 1/4 corn 1 Flour Tortilla Milk	1/2 slice Meatloaf 1/4 Green Peas 1/4 Apples 1 bread stick Milk
<b>Snack</b>	1 mini Pretzel(soft) 1 fruit Cup Mariana Cup  Water	1/2 Apples Slices 2 Tbsp WOW Butter  Water	1 Cheez-It <b>WG</b> 1/2 Bananas  Milk	1/4 Yogurt –Plain 2oz Cheerios <b>WG</b> 1/2 Peaches diced  Water	1-String Cheese   Apple Juice

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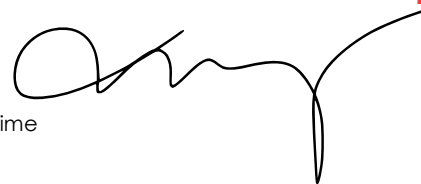
Week of: 9/15, 10/13, 11/10

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	1/3 Corn Chex 1/2 Peaches  Milk	3- French Toast Sticks <b>WG</b> 1/2 Applesauce Milk	1 Biscuit 1/2 Orange Jam Milk	1/4 Oatmeal <b>WG</b> 1 Fruit Cup  Milk	1/3 Cornflakes 1 fruit Cup  Milk
<b>Lunch</b>	Grilled Chicken (1.5 oz) Salad 1/4 Broccoli Soup 1/4 Mandarin Oranges 1/2 Garlic Bread  Milk	1-Turkey Sausage 1/4 Eggs 1/4 Blueberries 1 Wheat Toast  Milk	5 Chicken Nuggets 1/4 California Blend 1/4 Mixed Fruit 1 Dinner Roll <b>WG</b>  Milk	Grilled Cheese 1/4 Veggie Soup 1/4 Tropical Fruit  Milk	1.5 oz Baked Chicken 1/4 spinach 1/4 pears 1/2 Garlic Bread  Milk
<b>Snack</b>	1 Apple Cinnamon Muffin <b>WG</b> 1 Fruit Cup  Water	1/2 Cucumbers Ranch packet 1 Fruit cup  Water	Rice Krispie <b>WG</b> 1/2 Blueberries  Orange Juice	1/4 Celery Sticks 2Tbsp Wow Butter  Water	1 mini bagel <b>WG</b> Cream Cheese 1/2 apple sauce  Water

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