



LUNCH MENU - HEADSTART 0-5/GSRP/CHILD CARE February - June 2019

4 Week Cycle Menu - follow calendar on the right

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Baked Beans Diced Pears Milk	Bosco Cheese Sticks Cooked Carrots Diced Pineapple Milk	Burger on a Bun Mixed Veggies Banana Milk	Cheese Pizza Romaine Lettuce Salad Diced Peaches Milk	French Toast & Sausage Tater Tots Apple Slices Milk
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken Glazed Carrots Mandarin Oranges Milk	Soft Shell Taco Baked Beans Diced Pineapple Milk	Mac & Cheese (w/diced ham-Headstart only) Steamed Broccoli Mixed Fruit Cup Milk	Pancakes & Sausage Tater Tots Banana Milk	Chicken Patty on a Bun Romaine Lettuce Salad Diced Pears Milk
WEEK 3 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tenders Baked Beans Diced Peaches Milk	Bosco Cheese Sticks Cooked Carrots Diced Pears Milk	Chicken Patty on a Bun Oven Baked Potato Banana Milk	Cheese Pizza Romaine Lettuce Salad Diced Pineapple Milk	Turkey & Cheese on Sub Bun Mixed Veggies Applesauce Cup Goldfish Crackers Milk
WEEK 4 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Cooked Carrots Peach Cup Milk	Burger on a Bun Baked Beans Mixed Fruit Cup Milk	French Toast & Sausage Tater Tots Banana Milk	Soft Shell Taco Romaine Lettuce Salad Mandarin Oranges Milk	Chicken Strips Mixed Veggies Apple Slices Roll Milk
Early Headstart Meal Pattern		Headstart Meal Pattern		
Meat/Protein 1 oz.	Fruit 1/8 cup	Meat/Protein 1-1/2 oz.	Fruit 1/4 cup	1% Milk Child Care Lunch \$3.00
	} 1/4 cup		} 1/2 cup	
	} total		} total	
Vegetable 1/8 cup		Vegetable 1/4 cup		
Grains 1/2 oz. eq.		Grains 1/2 oz. eq.		
Milk 1/2 cup		Milk 3/4 cup		

M	T	W	TH	F
FEBRUARY 2019				
				1
4	5	6	7	8
11	12	13	14	15
NS	NS	20	21	22
25	26	27	28	
MARCH 2019				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
APRIL 2019				
NS	NS	NS	NS	NS
8	9	10	11	12
15	16	17	18	NS
22	23	24	25	26
29	30			
MAY 2019				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
NS	28	29	30	31
JUNE 2019				
3	4	5	6	7
10	11	12	13	14

NS =No School

The Food Service Office is Located in the CERC Building - 248 814-0201

Menu Subject to Change Without Notice

USDA is an equal opportunity provider and employer.