



LUNCH MENU - HEADSTART 0-5/GSRP/CHILD CARE September 2018 - January 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 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 Mixed Fruit Cup 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	Salami & Cheese on a Bun Mixed Veggies Applesauce Cup Goldfish Crackers Milk
WEEK 4 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Cooked Carrots Diced Pears Milk	Burger on a Bun Baked Beans Mixed Fruit Cup Milk	French Toast & Sausage Tater Tots Apple Slices Milk	Soft Shell Taco Romaine Lettuce Salad Banana Milk	WOW Butter & Jelly Sandwich Fresh Veggie: Cucumbers Mandarin Oranges Milk
Early Headstart Meal Pattern		Headstart Meal Pattern		
Meat/Protein	1 oz.	Meat/Protein	1-1/2 oz.	1% Milk Child Care Lunch \$3.00
Fruit	1/8 cup	Fruit	1/4 cup	
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
SEPTEMBER 2018				
	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
OCTOBER 2018				
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		
NOVEMBER 2018				
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	NS	NS	NS
26	27	28	29	30
DECEMBER 2018				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
NS	NS	NS	NS	NS
NS				
JANUARY 2019				
	NS	NS	NS	NS
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

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

Menu Subject to Change Without Notice

NS = No School

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