



NeighborImpact
Supporting People. Strengthening Communities.

Bend

Head Start Lunch Menu

February 2019

Minimum Servings:
Meat/Meat Alternate – 1.5 oz.
Grain 1/2 oz eq
Fruit 1/4c.
Vegetables 1/4c.
Milk 3/4c.
Teachers Please Record Any Substitutions

This institution is and equal opportunity provider All Grain products are WGR or WG or WW CN Labels/Recipes meet USDA/CACFP Minimum Requirements

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 1 Turkey & Cheese Sandwich on a Whole Wheat Roll (HM-8) 1/4c. Peas & Carrots 1/4c. Mandarin Oranges 3/4c. Non-Fat Milk	5 1 Garden Burger Patty on WG Roll (HM-11) 1/4c. Sweet Potato & Kale Blend 1/4c. Mixed Berries 3/4c. Non-Fat Milk	6 1 Egg Salad in a 1/2 WW Pita Pocket (F-03) 1/2c. Mixed Greens w/ Ranch 1/4c. Sliced Oranges 3/4c. Non-Fat Milk	7 1/2c. Spaghetti & (3) Meatballs (HM-14) 1/4c. Steamed Green Beans 1/4c. Sliced Apples 3/4c. Non-Fat Milk	8 No School
11 1 Ham & Cheddar Sandwich (HM-9) 1/4c. Steamed Broccoli 1/4c. Peaches 3/4c. Non-Fat Milk	12 1 Beef Taco (HM-13) 1/4c. Baja Vegetable Blend 1/4c. Diced Pears 3/4c. Non-Fat Milk	13 1 Turkey & Cheese Sandwich (HM-8) 1/4c. Peas & Carrots 1/4c. Mandarin Oranges 3/4c. Non-Fat Milk	14 No School Conferences	15 No School
18 No School President's Day	19 1/4c. Chicken Teriyaki & 1/4c. Brown Rice (D-12) 1/4c. Sugar Snap Peas 1/4c. Peaches 3/4c. Non-Fat Milk	20 Tuna Salad in a 1/2 WW Pita Pocket (F-08) 1/4c. Baked Roasted Veggies 1/4c. Sliced Oranges 3/4c. Non-Fat Milk	21 1 Chicken Soft Taco (HM-5) 1/4c. Fiesta Corn Blend 1/4c. Sliced Apples 3/4c. Non-Fat Milk	22 No School
25 1/2 American Sub Sandwich (HM-2) 1/8c. Tomatoes 1/2c. Lettuce 1/8c. Mixed Berries 3/4c. Non-Fat Milk	26 1 Sloppy Joe on a WG Roll (HM-1) 1/4c. California Vegetable Blend 1/4c. Applesauce 3/4c. Non-Fat Milk	27 1 Ham & Cheddar Sandwich (HM-9) 1/4c. Steamed Broccoli 1/4c. Peaches 3/4c. Non-Fat Milk	28 1 BBQ Pork on a WG Roll (F-08) 1/2c. Mixed Greens w/ Ranch 1/4c. Diced Pears 3/4c. Non-Fat Milk	1 No School

R.D. Signature & Date _____