

# Redmond

## Head Start Lunch Menu



**NeighborImpact**

Supporting People. Strengthening Communities.

## 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
				No School <span style="float: right;">1</span>
4 1 Garden Burger Patty on a WG Bun (HM-11) 1/4c. Sweet Potato & Kale Blend 1/4c. Mixed Berries 3/4c. Non-Fat Milk	5 1 Ham & Cheddar Sandwich on a Whole Wheat Bread (HM-9) 1/4c. Steamed Broccoli 1/4c. Peaches 3/4c. Non-Fat Milk	6 1/2c. Spaghetti & (3) Meatballs (HM-14) 1/4c. Steamed Green Beans 1/4c. Sliced Apples 3/4c. Non-Fat Milk	7 1 Egg Salad w/ WW GoldFish Bread (F-03) 1/2c. Mixed Greens w/ Ranch 1/4c. Sliced Oranges 3/4c. Non-Fat Milk	No School <span style="float: right;">8</span>
11 1 WG Soft Beef Taco (HM-13) 1/4c. Baja Vegetable Blend 1/4c. Boysenberries 3/4c. Non-Fat Milk	12 1 Turkey & Cheese Sandwich on Whole Wheat Bread (HM-8) 1/4c. Peas & Carrots 1/4c. Mandarin Oranges 3/4c. Non-Fat Milk	13 1 Refried Bean & Cheese Burrito on WG Tortilla (HM-15) 1/4c. Sunshine Carrots 1/4c. Strawberries 3/4c. Non-Fat Milk	14 No School Conferences	No School <span style="float: right;">15</span>
18 No School President's Day	19 1 Ham & Cheddar Sandwich on a Whole Wheat Bread (HM-9) 1/4c. Steamed Broccoli 1/4c. Mangos 3/4c. Non-Fat Milk	20 1/4c. Chicken Teriyaki & 1/4c. Brown Rice (D-12) 1/4c. Sugar Snap Peas 1/4c. Peaches 3/4c. Non-Fat Milk	21 1/2 American Sub Sandwich on a WG Hoagie Roll (HM-2) 1/8c. Tomatoes 1/2c. Shredded Lettuce 1/8c. Sliced Apples 3/4c. Non-Fat Milk	No School <span style="float: right;">22</span>
25 1 Sloppy Joe on a WG Roll (HM-1) 1/4c. California Vegetable Blend 1/4c. Applesauce 3/4c. Non-Fat Milk	26 1 Turkey & Cream Cheese Wrap w/ WG Tortilla (HM-7) 1/4c. Steamed Green Beans 1/4c. Blackberries 3/4c. Non-Fat Milk	27 1 BBQ Pork on a WG Roll (F-08) 1/4c. Steamed Broccoli 1/4c. Sliced Apples 3/4c. Non-Fat Milk	28 Tuna Salad in a 1/2 WW Pita Pocket (F-08) 1/4c. Baked Roasted Veggies 1/4c. Slice Oranges 3/4c. Non-Fat Milk	No School <span style="float: right;">1</span>

R.D. Signature & Date \_\_\_\_\_