

Redmond & Prineville

Head Start Lunch Menu



NeighborImpact

Supporting People. Strengthening Communities.

January 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 Whole Wheat or Whole Grain CN Labels/Recipes meet USDA/CACFP Minimum Requirements

Monday	Tuesday	Wednesday	Thursday	Friday
All menus are Subject to change	1 No School	2 No School	3 No School	4 No School
7 1 Cheese Burger on a WG Roll (HM-8) 1/4c. Baked Roasted Veggies 1/4c. Mixed Berries 3/4c. Non-Fat Milk	8 1 Ham & Cheddar Sandwich (HM-9) 1/4c. Cooked Broccoli 1/4c. Peaches 3/4c. Non-Fat Milk	9 1c. Macaroni & Cheese w/ Ham(HM-3) 1/4c. Baked Roasted Veggies 1/4c. Diced Pears 3/4c. Non-Fat Milk	10 1/2c. Black Bean Salad (HM-12) Whole Wheat Bread Stick 1/4c. Cooked Carrot Slices 1/4c. Apple Sauce 3/4c.. Non-Fat Milk	11 No School
14 1 Refried Bean & Cheese Burrito (HM-5) 1/4c. Southwest Corn Blend 1/4c. Strawberries 3/4c. Non-Fat Milk	15 3 Tbsp. Sun Butter & Jelly Sandwich (SB-1) 1 String Cheese 1/4c. Peas & Carrots 1/4c. Mandarin Oranges 3/4c. Non-Fat Milk	16 1c. Whole Wheat Penne Chicken Alfredo (HM-7) 1/2c. Salad w/ Ranch dressing E-18 1/4c. Mangos 3/4c. Non-Fat Milk	17 1 Chicken Caesar Wrap (1.5oz Chicken) (HM-4) 1/2c. Romaine Lettuce 1/4c. Mixed Berries 3/4c. Non-Fat Milk	18 No School
21 No School	22 1 Turkey & Cheese Sandwich (HM-11) 1/4c. Peas & Carrots 1/4c. Applesauce 3/4c. Non-fat Milk	23 1/4c. Chicken Teriyaki & 1/4c. Brown Rice (D-12) 1/4c. Sugar Snap Peas 1/4c. Diced Pears 3/4c. Non-Fat Milk	24 1 Purple Power Bean Wrap (F-15r) 1/4c. Yellow Squash 1/4c. Sliced Oranges 3/4c. Non-Fat Milk	25 No School
28 1 BBQ Pork on a WG Roll (F-08) 1/4c. California Vegetable Blend 1/4c. Diced Pears 3/4c. Non-Fat Milk	29 Egg Salad in 1/2 WW Pita Pocket (HM-6) 1/4c. Green Beans 1/4c. Peaches 3/4c. Non-Fat Milk	30 1 Beef Taco (Hm-14) 1/2c. Mixed Greens w/ Ranch dressing (E-18) 1/4c. Sliced Oranges 3/4c. Non-Fat Milk	31 1/2 American Sub Sandwich (HM-2) 1/8c. Tomatoes 1/2c. Lettuce 1/8c. Sliced Apples 3/4c. Non-Fat Milk	1 No School

R.D. Signature & Date _____