

McKim & Ochoco Duration

Head Start Lunch Menu



June 2019

Required Components	Sample- Ages 3-5 yrs. old
Meat/Meat Alternate	1.5 oz. Chicken Salad
Whole Grains	½ Serving WW Pita
Fruit	1/4c. Diced Peaches
Vegetable	1/4c. Green Beans
Milk	3/4c. Low-fat milk

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 1/2c. Chicken Teriyaki 1/4c. Brown Rice 1/4c. Sugar Snap Peas 1/4c. Mangos 3/4c. Non-Fat Milk	4 1 Scrambled Egg & Cheese Burrito WGR 1/4c. Root Vegetables 1/4c. Blackberries 3/4c. Non-Fat Milk	5 1 <i>Turkey and Cheddar Sandwich on WGR Bread</i> 1/4c. Orange Slices 1/4c. Sunshine Carrots 3/4c. Non-Fat Milk	6 1 Sausage & Cheese Biscuit Sandwich 1/4c. Apple Slices 1/4c. Potatoes 3/4c. Non-Fat Milk	7 MAKE-UP DAY 1/4c. <i>Sesame Noodles WGR</i> 1/2c. <i>Sesame Chicken</i> 1/4c. Mixed Fruit 1/4c. Edamame 3/4c. Non-Fat Milk
10 1 <i>Cheese Burger w/ Ketchup on a WG Bun</i> 1/4c. Diced Pears 1/4c. Sweet Potato Fries 3/4c. Non-Fat Milk	11 3/4c. <i>Black Bean Salad</i> 1 WG Breadstick 1/4c. Apple Slices 1/4c. Root Vegetables & Quinoa Blend 3/4c. Non-Fat Milk	12 1 <i>Chicken Fajita WGR Tortilla</i> 1/4c. Blueberries 1/4c. Pacific Blend Veggies 3/4c. Non-Fat Milk	13 1 <i>Refried Bean & Cheese Burrito</i> 1 <i>WG Tortilla</i> 1/4c. Orange Slices 1/4c. Root Vegetables 3/4c. Non-Fat Milk	14 No School
17 1/4c. <i>Macaroni & Cheese</i> 1 <i>WG Roll</i> 1 Slice Chicken Breast 1/4c. Applesauce 1/4c. Sweet Potatoes and Kale 3/4c. Non-Fat Milk	18 1/2c. <i>Vibrant Veggie Pasta Salad WGR</i> 1/2c. Seasoned Chicken 1/4c. Raspberries 3/4c. Non-Fat Milk	19 1/2c. <i>Chili</i> 1 WG Biscuit 1/4c. Normandy Blend 1/4c. Canned Fruit 3/4c. Non-Fat Milk	20 1 <i>Ham and Cheddar Sandwich on WGR Hoagie</i> 1/4c. Mandarin Oranges 1/4c. Green Beans 3/4c. Non-Fat Milk	21 1 <i>Tuna Salad Sandwich on WW Bread</i> 1/4c. Strawberries 1/4c. Carrot Sticks 3/4c. Non-Fat Milk
24 No School	25 No School	26 No School	27 No School	28 No School

R.D. Signature & Date _____