

Bend

Head Start Lunch Menu



May 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
		1 1 <i>Roast Beef and Cheddar Sandwich on WW Hoagie</i> 1/4c. Apple Slices 1/4c. Sunshine Carrots 3/4c. Non-Fat Milk	2 1 <i>Chicken Fajita WGR Tortilla</i> 1/4c. Orange Slices 1/4c. Pacific Blend Veggies 3/4c. Non-Fat Milk	3 No School
6 1 <i>Scrambled Egg & Cheese Burrito WGR</i> 1/4c. Root Vegetables & Quinoa 1/4c. Blackberries 3/4c. Non-Fat Milk	7 1 <i>Slice Meat Lasagna WGR</i> 1/4c. Blueberries 1/4c. Steamed Broccoli 3/4c. Non-Fat Milk	8 1/2c. <i>Vibrant Veggie Pasta Salad WGR</i> 1/2c. Seasoned Chicken 1/4c. Orange Slices 3/4c. Non-Fat Milk	9 1/4c. <i>Macaroni & Cheese</i> 1 <i>WG Roll</i> 1 <i>Slice Chicken Breast</i> 1/4c. Applesauce 1/4c. Sweet Potatoes and Kale 3/4c. Non-Fat Milk	10 No School
13 1 <i>Ham and Cheddar Sandwich on WGR Hoagie</i> 1/4c. Pineapple 1/4c. Green Beans 3/4c. Non-Fat Milk	14 1/2c. <i>Chicken Teriyaki</i> 1/4c. Brown Rice 1/4c. Mixed Berries 1/2c. Salad Greens w/ Ranch 3/4c. Non-Fat Milk	15 1 <i>Tuna Salad Sandwich on WW Goldfish Shaped Bread</i> 1/4c. Strawberries 1/4c. Carrot Sticks 3/4c. Non-Fat Milk	16 1 <i>Refried Bean & Cheese Burrito</i> 1 <i>WGR Tortilla</i> 1/4c. Raspberries 1/4c. Zucchini 3/4c. Non-Fat Milk	17 No School
20 1/4c. <i>Sesame Noodles WGR</i> 1/2c. <i>Sesame Chicken</i> 1/4c. Pineapple 1/4c. Squash 3/4c. Non-Fat Milk	21 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	22 3/4c. <i>Black Bean Salad</i> 1 <i>WG Breadstick</i> 1/4c. Apple Slices 1/4c. Cucumbers 3/4c. Non-Fat Milk	23 5 <i>Beef Meatballs & Beef Gravy</i> 1/4c. Brown Rice 1/4c. Mixed Berries 1/4c. Steamed Broccoli 3/4c. Non-Fat Milk	24 All AM/PM Class Make-UP LAST DAY OF SCHOOL 1 <i>Turkey and Cheddar Sandwich on WGR Bread</i> 1/4c. Orange Slices 1/4c. Sunshine Carrots 3/4c. Non-Fat Milk
27 No School	28 No School	29 No School	30 No School	31 No School

R.D. Signature & Date _____