

La Pine

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1/2c. Sweet Thai Chili Chicken 1/4c. Brown Rice 1/2c. Green Salad w/ Ranch 1/4c. Fruit 3/4c. Non-Fat Milk	2 1 Tuna Salad Sandwich on WGR Bread (1.5oz Tuna) 1/4c. Tots 1/4c. Fruit 3/4c. Non-Fat Milk	3 No School
6 1 Breaded Chicken Sandwich on WGR Bread 1/4c. Green Beans 1/4c. Fruit 3/4c. Non-Fat Milk	7 1 Homemade Bean & Cheese Burrito w/ WGR Tortilla 1/4c. Corn 1/4c. Fruit 3/4c. Non-Fat Milk	8 1/2c. Orange Chicken 1/4c. Brown Rice 1/4c. Broccoli 1/4c. Fruit 3/4c. Non-Fat Milk	9 1 BBQ Chicken (2oz) 1/4c. Macaroni & Cheese WG 1/2c. Green Salad w/ Ranch 1/4c. Fruit 3/4c. Non-Fat Milk	10 No School
13 1 Toasted Ham & Cheese Sandwich on WGR Bread 1/4c. Tots 1/4c. Fruit 3/4c. Non-Fat Milk	14 1 Chicken Soft Taco WGR 1/4c. Black Beans 1/4c. Fruit 3/4c. Non-Fat Milk	15 1/2c. Katsu Chicken 1/4c. Brown Rice 1/4c. Green Beans 1/4c. Fruit 3/4c. Non-Fat Milk	16 1 Chicken Pot Pie WG 1/2c. Broccoli Salad 1/4c. Fruit 3/4c. Non-Fat Milk	17 No School
20 1 Cheese Burger on a WG Bun 1/4c. Tots 1/4c. Fruit 3/4c. Non-Fat Milk	21 1 Chicken & Cheese Enchilada ½ oz. Tortilla Chips WG 1/4c. Corn 1/4c. Fruit 3/4c. Non-Fat Milk	22 1/2c. Teriyaki Chicken 1/4c. Brown Rice 1/2c. Green Salad w/ Ranch 1/4c. Fruit 3/4c. Non-Fat Milk	23 2 oz. Baked Chicken 1/4c. Mashed Potatoes 1 WG Dinner Roll 1/4c. Broccoli 1/4c. Fruit 3/4c. Non-Fat Milk	24 LAST DAY OF SCHOOL 1 Breaded Chicken Sandwich on WGR Bread 1/4c. Green Beans 1/4c. Fruit 3/4c. Non-Fat Milk
27 No School	28 No School	29 No School	30 No School	31 No School

R.D. Signature & Date _____