

Bld. BLOCKS DAYCARE Head Start

LUNCH MENU

October 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p>1</p> <p>2 oz Oven Baked Chicken Leg 1 WG Wheat Roll (1 oz) ¼ c Glazed Carrots ¼ c Apple Slices (2-3) ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets* w Ketchup</i></p>	<p>2</p> <p>2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: Vegetarian Black Bean Burger*</i></p>	<p>3</p> <p>4 CN Chicken Nuggets 1 WG Roll ¼ c Cole Slaw 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: ½ c Bean Sloppy Joe (2 oz meat) #8</i></p>	<p>4</p> <p>½ c Beef Picadillo #8 (1 ½ oz meat) ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip ¼ c Pears ¾ c Milk</p> <p><i>Veg: 1 Lasagna Roll - Up</i></p>	<p>5</p> <p>1 Cheese Manicotti (2.75oz) W Tomato Basil (1 ½ oz cheese 2 oz WG grain) ½ c Romaine Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>8</p> <p>COLUMBUS DAY</p> <p>3 Meatballs (1.5 oz) with Marinara Sauce ¼ c WG Penne (½ oz) PC Parmesan Cheese ¼ c Baby Carrots w Veggie Dip ½ Apple ¾ c Milk</p> <p><i>Veg: 3 Veggie Meatballs</i></p>	<p>9</p> <p>Mediterranean Cold Menu</p> <p>¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) 1 Tbsp Hummus ¼ c Petite Broccoli w Italian ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: 3/8 c Chickpeas</i></p>	<p>10</p> <p>½ c Macaroni & Cheese ¼ c Cheese, ¼ c Noodles ½ c Romaine with Ranch 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: Vegetarian Chili</i></p>	<p>11</p> <p>3 oz WG Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) ½ c Spinach Salad w Italian ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p>12</p> <p>Make Your Own Burrito</p> <p>¼ c Taco Meat & 1/8 c Monterrey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa ½ c Shredded Lettuce ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: ½ c Black Beans & 1/8 c Monterrey Cheese V</i></p>
	<p>15</p> <p>Italian</p> <p>2 Chicken Tenders 2 oz PC Marinara Sauce 1 WG Breadstick (1.2 oz) ¼ c Baby Carrots ½ Apple ¾ c Milk</p> <p><i>Veg: 2 Chix Tenders</i></p>	<p>16</p> <p>½ c Beef & Macaroni Pasta Bake #8 • 2 oz beef, ¼ c WG noodles(½ oz) ¼ c Broccoli w Ranch ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p>17</p> <p>2 oz Oven Fried Chicken Leg 1 oz WG Corn Muffin ¼ c Green Beans ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets* w Ketchup</i></p>	<p>18</p> <p>Make Your Own Taco</p> <p>¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard WG Taco Shell ½ c Shredded Romaine PC Salsa ½ Banana ¾ c Milk</p> <p><i>Veg: ½ c Black Beans</i></p>	<p>19</p> <p>½ c Macaroni & Cheese ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans ½ c Spinach Salad w Italian ¼ c Peaches ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>22</p> <p>Make Your Own Wrap</p> <p>1 oz Turkey (2 Slices) 2 Tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla (1 oz) ½ c Spinach Salad w Italian ¼ c Pears ¾ c Milk</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i></p>	<p>23</p> <p>1 Chicken Patty • 2 oz Chicken 1 WG Bun (1.8 oz) ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>	<p>24</p> <p>2 oz Meatloaf 1 WG Corn Muffin (1 oz) ¼ c Cheesy Mashed Potatoes ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: Black Bean Patty* w Ketchup</i></p>	<p>25</p> <p>Asian</p> <p>¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets*</i></p>	<p>26</p> <p>Make Your Own Pizza</p> <p>½ WW English Muffin 1 oz 2 TBSP Shredded Cheese 1 oz String Cheese ¼ c Tomato Sauce (Hot) ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>29</p> <p>2 oz Oven Baked Chicken Leg 1 WG Wheat Roll (1 oz) ¼ c Glazed Carrots ¼ c Apple Slices (2-3) ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets* w Ketchup</i></p>	<p>30</p> <p>2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: Vegetarian Black Bean Burger*</i></p>	<p>31</p> <p>Make Your Own Joe</p> <p>½ c Bean Sloppy Joe (2 oz meat) #8 1 WG Bun (1.8 oz) ¼ c Cole Slaw 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: Same</i></p>		