

**Bld. Blocks DAYCARE Head Start**

**LUNCH SNACK MENU**

**September 2018**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
		<p>2 oz CN Hamburger Patty                      1 <b>WG</b> Bun (1.8 oz)                      ½ c <b>Glazed Carrots</b>                      ¼ c <b>Applesauce</b>                      ¾ c Milk</p> <p><i>Veg: Vegetarian Black Bean Burger*</i></p>	<p><b>Make Your Own Joe</b>                      ½ c <b>Bean Sloppy Joe</b> (2 oz meat) #8                      1 <b>WG</b> Bun (1.8 oz)                      ¼ c Cole Slaw                      2 <b>Orange Wedges</b>                      ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>½ c Beef Picadillo #8 (1 ½ oz meat)                      ¼ c <b>WG</b> Rice (½ oz Grain)                      ¼ c <b>Broccoli</b> w Creamy Italian Dip                      ¼ c <b>Pears</b>                      ¾ c Milk</p> <p><i>Veg: 1 Lasagna Roll - Up</i></p>	<p>1 Cheese Manicotti (2.75oz) W                      Tomato Basil (1 ½ oz cheese 2 oz <b>WG</b> grain)                      ½ c <b>Romaine Salad</b> w Ranch                      ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple)                      ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<p>3 Meatballs (1.5 oz) with Marinara Sauce                      ¼ c <b>WG</b> Penne (½ oz)                      PC Parmesan Cheese                      ¼ c <b>Baby Carrots</b> w Veggie Dip                      ½ <b>Apple</b>                      ¾ c Milk</p> <p><i>Veg: 3 Veggie Meatballs</i></p>	<p><b>Mediterranean</b>                      ¼ c Seasoned Chicken Strips (2 oz)                      ½ <b>WG</b> Pita (1 oz)                      1 Tbsp <b>Hummus</b>                      ¼ c <b>Petite Broccoli</b> w Italian                      ¼ c <b>Tropical Fruit Salad</b>                      ¾ c Milk</p> <p><i>Veg: 3/8 c Chickpeas</i></p>	<p>4 CN Chicken Nuggets                      1 <b>WG</b> Roll                      ½ c <b>Romaine</b> with Ranch                      2 <b>Orange Wedges</b>                      ¾ c Milk</p> <p><i>Veg: Vegetarian Chili</i></p>	<p>3 oz <b>WG</b> Fish Fillet (1.5 oz M/MA)                      ¼ c Bolivian Rice (½ oz Grain)                      ½ c <b>Spinach Salad</b> w Italian                      ¼ c <b>Honeydew</b>                      ¾ c Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p><b>Make Your Own Burrito</b>                      ¼ c <b>Taco Meat</b> &amp; 1/8 c Monterrey Cheese                      1-6 in <b>WW</b> Tortilla (1 oz)                      PC Mild Salsa                      ½ c Shredded <b>Lettuce</b>                      ¼ c <b>Pineapple</b>                      ¾ c Milk</p> <p><i>Veg: ¼ c Black Beans &amp; 1/8 c Monterrey Cheese V</i></p>
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>Italian</b>                      2 Chicken Tenders 2 oz                      PC Marinara Sauce                      1 <b>WG</b> Breadstick (1.2 oz)                      ¼ c <b>Baby Carrots</b>                      ½ <b>Apple</b>                      ¾ c Milk</p> <p><i>Veg: 2 Chix Tenders</i></p>	<p>½ c Beef &amp; Macaroni Pasta Bake #8                      • 2 oz beef, ¼ c <b>WG</b> noodles(½ oz)                      ¼ c <b>Broccoli</b> w Ranch                      ¼ c <b>Pineapple</b>                      ¾ c Milk</p> <p><i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p>2 oz Oven Fried Chicken Leg                      1 oz <b>WG</b> Corn Muffin                      ¼ c Cole Slaw                      ¼ c <b>Honeydew</b> EHS Diced                      ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets* w Ketchup</i></p>	<p><b>Make Your Own Taco</b>                      ¼ c Beef Taco Meat (1.5 oz meat)                      1 Tbsp Shredded Cheddar Cheese                      1oz Hard <b>WG</b> Taco Shell                      ½ c <b>Shredded Romaine</b>                      PC Salsa                      ½ <b>Banana</b>                      ¾ c Milk</p> <p><i>Veg: ½ c Black Beans</i></p>	<p>½ c Macaroni &amp; Cheese                      ¼ oz Cheese; ¼ c <b>WG</b> Noodles                      ½ oz                      3/8 c Vegetarian <b>Baked Beans</b>                      ½ c <b>Spinach</b> Salad w Italian                      ¼ c <b>Peaches</b>                      ¾ c Milk</p> <p><i>Veg: Same</i></p>	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<p>1 Chicken Patty                      • 2 oz Chicken                      1 <b>WG</b> Bun (1.8 oz)                      ¼ c <b>Three Bean Salad</b>                      ¼ c <b>Tropical Fruit Salad</b>                      ¾ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>	<p>½ c <b>Macaroni &amp; Cheese</b>                      • ¼ oz Cheese; ¼ c <b>WG</b> Noodles                      ½ c <b>Spinach Salad</b> w Italian                      ¼ c <b>Pears</b>                      ¾ c Milk</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i></p>	<p>2 oz Meatloaf                      1 <b>WG</b> Corn Muffin (1 oz)                      ¼ c Cheesy Mashed Potatoes                      ¼ c <b>Honeydew</b>                      ¾ c Milk</p> <p><i>Veg: Black Bean Patty* w Ketchup</i></p>	<p><b>Asian</b>                      ¼ c Honey Glazed Chicken (1.5 oz meat) #16                      ¼ c <b>Brown WG</b> Rice (½ oz grain)                      ¼ c <b>Broccoli</b> w Ranch                      ¼ c <b>Mandarin Oranges</b>                      ¾ c Milk</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets*</i></p>	<p><b>Make Your Own Pizza</b>                      ½ <b>WW</b> English Muffin 1 oz                      2 TBSP Shredded Cheese                      1 oz String Cheese                      ¼ c Tomato Sauce (Hot)                      ½ c <b>Spinach Salad</b> w Italian                      ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple)                      ¾ c Milk</p> <p><i>Veg: Same</i></p>	