

# PRE-K HEAD START SCHOOL MENU

# AUGUST-SEPTEMBER 2024

## BREAKFAST ITEMS OFFERED EVERYDAY

WEEK 1: Serving week of 8/26, 9/9, and 9/23

CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB					
Belgian Waffle w/ Syrup Apple Juice	200/120 60   35/31 14	WG Bagel w/ cream cheese or jelly Orange Juice	259 35   44 9	4 French Toast Sticks w/ Syrup Apple Juice	272/120 60   35/31 14	Sm Fruit & Yogurt Parfait w/ granola Orange Juice	239 35   52 9	Maryland Made Cinnamon Roll Apple Juice	232 60   38 14

WEEK 2: Serving week of 9/2 and 9/16

CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB					
Mini Pancakes w/Syrup Apple Juice	210/120 60   35/31 14	Mini Strawberry Bagel Orange Juice	240 35   41 9	Banana Bread Apple Juice	371 60   53 14	Turkey Ham+ & Cheese on a Hawaiian Bun Orange Juice	215 35   29 9	Maryland Made Cinnamon Roll Apple Juice	232 60   38 14

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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NO HEAD-START: AUGUST 26-30

09/02	09/03	09/04	09/05	09/06						
<b>HOLIDAY LABOR DAY</b>	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	166 240   21 24	Chik'n Nuggets <sup>v</sup> w/ Mac & Cheese & Roll Baby Carrots w/ Ranch	513 80   36 15	35/55 8/3	Chicken Nuggets w/ Sweet Potatoes & Green Beans & Roll	291 80   28 15	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 14/55   31 3/3	
09/09	09/10	09/11	09/12	09/13						
BBQ Turkey Sandwich w/ Corn	Cheese Crunchers <sup>^</sup> w/ Marinara Sauce	218 485   27 54	Chicken WG Nuggets w/ Cheesy Spinach & Roll Baby Carrots w/ Ranch	379 80   25 15	35/55 8/3	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops	184 110   23 19	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 14/55   31 3/3	
09/16	09/17	09/18	09/19	09/20						
3 - Bean Chili <sup>~</sup> w/ Corn Scoops	Cheesy Pull Aparts <sup>^</sup> w/ Marinara Cup Baby Carrots w/ Ranch	166 110   36 19	303 35/55   32 8/3	40 7	Chik'n Parmesan <sup>^</sup> w/ Penne Pasta	413 411   59 38	59	Chicken WG Nuggets w/ Blueberry Bread Mixed Bell Pepper w/ Ranch	320/330 14/55   31 3/3	
09/23	09/24	09/25	09/26	09/27						
Hamburger w/Crinkle Cut Potatoes	Cheese Lasagna <sup>^</sup> & Marinara Sauce w/ Roll	251 587   16 64	587 80   64 15	15	Chicken WG Nuggets w/ Cheesy Spinach & Roll Baby Carrots w/ Ranch	379 35/55   25 8/3	15	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops	184 110   23 19	320/330 14/55   31 3/3

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 13–20

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>v</sup>Vegan <sup>^</sup>Meatless WG = Whole Grain

Additional Vegan/Vegetarian options include peanut butter & jelly sandwich, grilled cheese sandwich, waffle & yogurt, hummus, and fruit and yogurt parfait. Please let your cafeteria manager know if you are interested in ordering any of these options.

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)  
 Dinner Roll: 80 / 15 Hamburger Bun: 140 / 27  
 Hot Dog Bun: 130 / 26 Scoops: 110 / 19  
 Walking Taco Corn Chips: 240/24

