

# PRE-K HEAD START SCHOOL MENU

# DECEMBER 2023

## BREAKFAST ITEMS

CAL   CARB		CAL   CARB		CAL   CARB		CAL   CARB		CAL   CARB						
Belgian Waffle w/ Syrup Apple Juice	200 120 60	35 31 14	Mini Pancakes w/Syrup Orange Juice	210 120 35	35 31 9	Chicken Biscuit WG Sandwich Apple Juice	250 60	31 14	Turkey Ham+ & Cheese on a Hawaiian Bun Orange Juice	270 35	30 9	Maryland Made Cinnamon Roll Apple Juice	232 60	38 14

## LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
12/04		12/05		12/06		12/07		12/08											
Hamburger ~on Bun w/ Crinkle Cut Potatoes	404 42	BBQ Pulled Chicken Sandwich w/ Corn	359 58	Chicken WG Bites w/ Macaroni & Cheese  Tossed Salad w/ Ranch	482 20/55 4/3	35	Crunchy Beef Taco~ w/ Green Beans & Scoops	238 31	Cheese Pizza  Assorted Fresh Veggies w/ Ranch	320/330 14/55 3/3	31								
12/11		12/12		12/13		12/14		12/15											
Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206 240	23 24	Teriyaki Beef Bites~ w/ WG Veg Rice  Baby Carrots w/ Ranch	379 35/55 8/3	58	Belgian Waffle w/ Syrup & Yogurt^  Spinach Romaine & Craisin Salad w/Dressing	200/120 180 64 136	35/31 38 12 13	Chik'n WG Nuggets^ w/ Green Beans & Roll  Assorted Fresh Veggies w/ Ranch	355 46 14/55 3/3	46	Cheese Pizza  Assorted Fresh Veggies w/ Ranch	320/330 14/55 3/3	31					
12/18		12/19		12/20		12/21		12/22											
Chicken WG Bites w/Seasoned Potatoes & Roll	356 80	38 15	Cheese Crunchers^ w/ Marinara Sauce	487 55	Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick  Tossed Salad w/ Ranch	210/240 80/59 20/55 4/3	36/52 15/1	Crunchy Beef Taco~ w/ Corn & Green Beans & Scoops	264 38	Cheese Pizza  Assorted Fresh Veggies w/ Ranch	320/330 14/55 3/3	31							
01/01/24		01/02/24		01/03/24		01/04/24		01/05/24											
<b>HOLIDAY</b> New Years Day		<b>No School Day</b> 		Chik'n WG Nuggets^ w/ Green Beans & Roll		355 46		Chicken Patty WG Sandwich  Celery Sticks w/ Ranch		342 4/55 1/3		36		Cheese Pizza  Assorted Fresh Veggies w/ Ranch		320/330 14/55 3/3		31	

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

<p>Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^Vegan ^ Meatless WG = Whole Grain</p>	<p>Standard Calorie/Carb Counts for Bread/Grains (calories/grams)</p> <ul style="list-style-type: none"> <li>Dinner Roll: 80 / 15</li> <li>Hamburger Bun: 140 / 27</li> <li>Hot Dog Bun: 130 / 26</li> <li>Scoops: 110 / 19</li> <li>Walking Taco Corn Chips: 240/24</li> </ul>	
--------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------