

PRE-K HEAD START SCHOOL MENU

FEBRUARY 2024

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
Belgian Waffle w/ Syrup	200	35	Mini Pancakes w/Syrup	200	35	Chicken Biscuit WG Sandwich	250	31	Turkey Ham+ & Cheese on a Hawaiian Bun	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	120	31	Orange Juice	120	31	Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14
	60	4		35	9							Cheese Stick	59	1

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
01/29			01/30			01/31			02/01			02/02		
No School Day			Chik'n WG Nuggets ^v w/ Green Beans & Roll	355	46	Chicken Walking Taco w/ Corn &	206	23	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50	Cheese Pizza	320/330	31
						Walking Taco Corn Chips	240	24				Spinach Romaine and Craisin Salad w/ Spinach Dressing	64 136	12 13
02/05			02/06			02/07			02/08			02/09		
Hamburger ~on Bun w/ Crinkle Cut Potatoes	404	42	BBQ Pulled Chicken Sandwich w/ Corn	359	58	Chik'n Nuggets ^v w/ Macaroni & Cheese	513	46	Crunchy Beef Taco~ w/ Corn & Edamame & Scoopss	184 110	23 19	Cheese Pizza	320/330	31
						Tossed Salad w/ Ranch	20/55	4/3				Assorted Fresh Veggies w/ Ranch	14/55	3/3
02/12			02/13			02/14			02/15			02/16		
Chicken WG Nuggets w/ Corn &	295	29	Penne Pasta w/Meat Sauce~	314	57	Chicken Walking Taco w/ Corn &	206	23	Chik'n Nuggets ^v w/ Seasoned Potatoes & Roll	387 80	49 15	Cheese Pizza	320/330	31
WG Dinner Roll	80	15	Baby Carrots w/Ranch	35/55	8/3	Walking Taco Corn Chips	240	24				Assorted Fresh Veggies w/ Ranch	14/55	3/3
02/19			02/20			02/21			02/22			02/23		
President's Day Holiday			Hamburger ~on Bun w/ Crinkle Cut Potatoes	404	42	Cheese Crunchers [^] w/ Marinara Sauce	485	54	Crunchy Beef Taco~ w/ Corn & Edamame & Scoopss	184 110	23 19	Cheese Pizza	320/330	31
												Assorted Fresh Veggies w/ Ranch	14/55	3/3
02/26			02/27			02/28			02/29			03/01		
Hamburger ~on Bun w/ Crinkle Cut Potatoes	404	42	Grilled Cheese WG Sandwich [^]	280	31	Teriyaki Beef Bites~ w/ WG Veg Rice	379 240	58 24	Chicken WG Nuggets w/ Cheesy Spinach	379	25	Cheese Pizza	320/330	31
			Celery Sticks w/ Ranch	4/55	1/3	Baby Carrots w/Ranch	35/55	8/3	Tossed Salad w/ Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	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

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.

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan WG = Whole Grain

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

