



WILMINGTON HEAD START, INC.

WWW.WILMHEADSTART.ORG

JUNE, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Milk Turkey sausage Eggs & cheese Whole wheat bread Jelly Strawberries Milk ½ Sandwich Turkey & cheese Whole wheat bread Celery ½ Apple	2 Milk Cinnamon raisin bread Jelly Pears Milk Baked ziti w/meat sauce Whole wheat bread Asparagus ½ Orange	3 Milk Rice Krispies blackberries Milk Chicken and cheese in a whole wheat tortilla Tossed salad Dressing Sliced Honey dew
6 Milk Rice krispies Diced peaches Milk Beef Chili Tossed salad Whole grain corn chips Ranch dressing Raspberries	7 Milk Whole wheat honey English muffin/spread ½ Orange Milk Mac and cheese Whole wheat bread Broccoli Nectarine	8 Milk Cheese sticks Whole grain graham crackers 100% Apple juice Milk ½ Sandwich Turkey ham & cheese Whole wheat bread Macaroni salad Carrot sticks Sliced cantaloupe	9 Milk Whole wheat blueberry muffins Jelly Strawberries Milk Turkey slice Potato Salad Green beans Whole wheat bread/butter Plum	10 Milk Corn Chex ½ Apple Milk Chicken Caesar salad (make your own) Whole wheat roll and butter ½ Pear
13 Milk Rice Krispies Applesauce Milk Pepper steak Mashed potatoes Whole wheat roll and butter Raspberries	14 Milk Whole wheat bagel Cream cheese Nectarines Milk Chicken & vegetable pasta Whole wheat bread Blueberries	15 Milk Turkey sausage Eggs w/cheese Whole wheat bread & jelly Grapes Milk Turkey cheeseburger Whole wheat bun Celery sticks Potato salad Tangerine	16 Milk Cinnamon raisin whole wheat bagel Cream cheese Peach Milk Chef Salad (make your own) Whole wheat bread/butter Grapes	17 Milk Corn Flakes Blackberries Milk Roast beef & cheese sandwich Whole wheat bread Mayo/Mustard Carrot sticks Apple slices
20 SCHOOL IS CLOSED 	21 Milk Yogurt w/ whole grain granola Grapes Milk Oven fried chicken Broccoli Brown rice pilaf Nectarine	22 Milk Whole grain corn muffins ½ Banana Milk Beef Tacos (make your own) Whole wheat corn tortilla chips Shredded lettuce Grated cheese ½ Orange	23 Milk Whole wheat English muffin/spread Applesauce Milk Turkey meat balls with gravy Mashed potatoes Whole wheat roll Peach	24 Milk Raisin bran Blueberries Milk Chicken salad Whole wheat bread Celery Dressing Strawberries
27 Milk Rice Krispies Diced pears Milk Chicken Caesar salad Whole wheat roll Raspberries	28 Milk Rice Chex ½ Orange Milk Beef cheeseburger Whole grain buns Corn Blackberries	29 Milk Whole wheat cinnamon bread Jelly 100% grape juice Milk Turkey ham & cheese 100% whole wheat bread Carrot sticks Macaroni salad Plum	30 Milk Whole wheat English muffin Jelly Sliced Cantaloupe Milk Beef Salisbury steak Mashed potatoes Whole wheat roll Watermelon	

BEAKFAST:	Milk: ¾ cup	Vegetables, fruit or both: ½ cup	Grains: ½ oz eq.
LUNCH:	Milk: ¾ cup	Meat or alt.: 1½ oz	Vegetables: ¼ cup
		Fruit: ¼ cup	Grains: ½ oz eq.

MENU SUBJECT TO CHANGES WITHOUT NOTICE

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LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
		1 Leche Huevo con queso y salchicha de pavo Pan integral Mermelada Fresas Leche Sándwich de pavo y queso Pan integral Apio ½ Manzana	2 Leche Pan de pasas con canela Mermelada Peras Leche Ziti al horno con salsa de carne Pan integral Espárragos ½ Naranja	3 Leche Rice Krispies Moras Leche Pollo y queso en tortilla integral Ensalada mixta Aderezo Melón chino en rebanadas
6 Leche Rice Krispies Duraznos cortados en cubitos Leche Chile de res Ensalada mixta Totopitos de maíz integral Aderezo ranch Frambuesas	7 Leche Panqué inglés de trigo integral y miel Mantequilla ½ Naranja Leche Macarrones con queso Pan integral Brócoli Mandarina	8 Leche Palitos de queso Galletas con canela integrales 100% jugo de manzana Leche Sándwich de jamón de pavo y queso Pan integral Ensalada de macarrones Palitos de zanahoria Melón en rodajas	9 Leche Panque con moras azules integral Mermelada Fresas Leche Rebanada de pavo Ensalada de papas Ejotes Pan integral con mantequilla Ciruela	10 Leche Corn Chex ½ Manzana Leche Ensalada César con pollo (tú la creas) Pan integral con mantequilla ½ Pera
13 Leche Rice Krispies Durazno en cubitos Leche Filete a la pimienta Puré de papa Pan integral con mantequilla Frambuesas	14 Leche Bagel integral Queso crema Mandarina Leche Pasta con pollo y verduras Pan integral arándanos	15 Leche Chorizo de pavo huevos con queso Pan integral con mermelada Uvas Leche Hamburguesa de pavo con queso bollo integral Palitos de apio Ensalada de papa Mandarina	16 Leche Bagel integral con pasas y canela Queso crema Durazno Leche Ensalada del chef (tú la creas) Pan integral con mantequilla Uvas	17 Leche Corn flakes Moras Leche Sándwich de carne asada y queso Pan integral mayonesa/mostaza Palitos de zanahoria Rebanadas de manzana
20 ESCUELA CERRADA 	21 Leche Yogurt con granola integral Uvas Leche pollo frito al horno Brócoli Arroz integral pilaf Mandarina	22 Leche Panqué de elote integral ½ Plátano Leche Tacos de carne (tú los creas) Totopitos integrales Lechuga picada Queso rallado ½ Naranja	23 Leche Panqué inglés integral Mantequilla Puré de manzana Leche Albóndigas de pavo con salsa Puré de papa Pan integral Durazno	24 Leche Raisin Bran Moras azules Leche Ensalada de pollo Pan integral Apio Aderezo Fresas
27 Leche Rice Krispies Pera en cubitos Leche Ensalada César con pollo Pan integral Frambuesas	28 Leche Rice Chex ½ Naranja Leche Hamburguesa de res con queso Bollo integral Elote Moras	29 Leche Pan integral con canela Mermelada 100% jugo de uva Leche jamón de pavo y queso Pan 100% integral Palitos de zanahoria Ensalada de macarrones Ciruela	30 Leche Muffin inglés integral Gelatina Melón en rodajas Leche Bistec Salisbury de ternera Puré de papa Pan integral Sandía	

DESAYUNO:	Leche: ¾ taza	Vegetales, fruta o ambos: ½ taza	Granos: ½ onza eq.
ALMUERZO:	Leche: ¾ taza	Carne o alt.: 1½ onza	Vegetales: ¼ taza Fruta: ¼ taza Granos: ½ onza eq.

Menú sujeto a cambios sin previo aviso