






WILMINGTON HEAD START, INC.

WWW.WILMHEADSTART.ORG

NOVEMBER, 2019

LUNCH	AGE 3-5	MONDAY	TUES	WED	THUR	FRIDAY
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss					1 Milk Rice Chex 100% Cranberry juice
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss					Milk Chicken Caesar salad Whole wheat roll Croutons Dressing Plum
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	4 Milk Rice Krispies Diced pears	5 Milk Whole grain crackers Yogurt ½ Banana	6 Milk Turkey sausage Cheese omelet Whole wheat bread Plum	7 Milk cheese stick Whole wheat crackers 100 % Apple juice	8 Milk Rice Krispies Blackberries
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss	Milk Spaghetti w/meat sauce Tossed salad Whole wheat roll Grapes	Milk Beef cheese steak Whole wheat roll Broccoli Tropical fruit	Milk Chicken salad Kaiser roll Celery stick Tomato soup ½ apple	Milk Turkey ham slice Turkey gravy Sweet potatoes Whole wheat roll ½ Kiwi	Milk Veggie cheese burger Whole wheat bun Corn ½ Orange
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	11 Milk Special k Apple sauce	12 Milk Whole wheat English muffin Jelly Sliced peaches	13 Milk Whole grain oatmeal Cantaloupe	14 Milk Yogurt Whole wheat graham cracker Tropical fruit	15 Milk Special K ½ Banana
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss	Milk Beef meatball parmesan sandwich on whole wheat roll with spaghetti sauce Mozzarella cheese Green beans Raspberries	Milk Chicken pot pie Mixed vegetables Whole wheat bread ½ Orange	Milk Beef bologna Whole wheat bread Mayo/mustard Carrot sticks ½ Apple	Milk Stuffed lasagna rolls w/spaghetti sauce Tossed salad Dressing Blueberries	Milk Chicken taco with salsa Shredded cheese & lettuce Whole wheat tortilla Mandarin-orange
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	18 Milk Whole wheat Raisin Bran Apple sauce	19 Milk Whole wheat bagel Cream cheese Blackberries	20 Milk Cream of wheat Strawberries	21 Milk Whole wheat English muffin Grapes	22 Milk Whole grain oatmeal ½ Banana
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss	Milk Chicken crispos Whole grain rice Tossed salad Blueberries	Milk Beef stew w/vegetables Potatoes Whole wheat roll ½ Pear	Milk ½ Turkey & cheese sandwich Whole wheat bread Mayo Lettuce Navy bean soup ½ Orange	Milk Beef chili Whole grain rice Tossed salad Dressing ½ Kiwi	Milk Chicken teriyaki Whole wheat bun Asparagus Raspberries
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	25 Milk Whole wheat English muffin Spread Applesauce	26 Milk Special K Diced peaches	27 	28 	29 
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss	Milk Oven fried chicken Whole wheat bread Kale Tangerine	Milk Sliced turkey with turkey gravy Green beans Mashed potatoes Whole wheat roll Fruit medley			




Menu subject to change without notice.



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DESAYUNO/ ALMUERZO	EDAD 3-5	LUNES	MARTES	MIER.	JUEVES	VIERNES
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza					1 Leche Rice Chex 100% jugo de arándano
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza					Leche Ensalada César Aderezo Pan integral Ciruela
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza	4 Leche Rice Krispies Pera en cubitos	5 Leche Galletas integrales Yogurt ½ Plátano	6 Leche Chorizo de pavo Omelett con queso Pan integral Ciruela	7 Leche Palito de queso Galletas integrales 100% Jugo de manzana	8 Leche Rice Krispies Moras
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza	Leche Fideos con salsa de carne Pan integral Ensalada mixta Uvas	Leche Torta de carne de res Pan integral Brócoli Fruta tropical	Leche Ensalada de pollo Pan integral Palito de apio Sopa de tomate ½ Manzana	Leche Rebanada de pavo con gravy Camote Pan integral ½ Kiwi	Leche Hamburguesa de vegetales con queso Pan integral Elote ½ Naranja
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza	11 Leche Special K Puré de manzana	12 Leche Pan inglés integral Mermelada Durazno rebanado	13 Leche Avena integral Melón	14 Leche Yogurt Galleta integral con canela Fruta tropical	15 Leche Special K ½ Plátano
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza	Leche Torta de albóndigas de res en salsa roja con queso parmesano Queso mozarella Ejotes Frambuesas	Leche Pie de pollo Vegetales mixtos Pan integral ½ Naranja	Leche Mortadela Pan integral Mayo/Mostaza Lechuga Mayo/Mostaza Palitos de zanahoria ½ Manzana	Leche Tubos de lasaña rellena con salsa roja Ensalada mixta Aderezo Moras azules	Leche Taco de pollo con salsa Queso y lechuga rallada Tortilla integral Mandarina
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza	18 Leche Raisin Bran integral Puré de manzana	19 Leche Bagel integral Queso crema Moras	20 Leche Crema de trigo entero Fresas	21 Leche Panqué inglés integral Uvas	22 Leche Avena integral ½ Plátano
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza	Leche Tacos de pollo Arroz integral Ensalada mixta Moras azules	Leche Estofado de res con vegetales Papas Pan integral ½ Pera	Leche ½ Sandwich de pavo con queso Pan integral Mayonesa Lechuga Sopa de frijol ½ Naranja	Leche Chili de res Arroz integral Ensalada mixta Aderezo ½ Kiwi	Leche Pollo teriyaki Pan integral Espárragos Frambuesas
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza	25 Leche Panqué inglés integral Mantequilla Puré de manzana	26 Leche Special K Durazno en cubitos	27 	28 	29 
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza	Leche Pollo horneado Pan integral Lechuga rizada Mandarina	Leche Rebanada de pavo con gravy Ejotes Puré de papa Ensalada de frutas			