



WILMINGTON HEAD START, INC.

WWW.WILMHEADSTART.ORG

MENU MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Milk Whole grain corn muffin Banana Milk Whole grain beef and bean burrito String beans Diced pineapple	4 Milk Whole grain blueberry pancakes Diced peaches Milk Whole grain turkey ham and cheese sandwich Carrot sticks Orange	5 Milk Whole grain graham crackers Yogurt Diced pears Milk Chicken Caesar Salad Whole grain roll Apple	6 Milk Whole grain bagel with cream cheese Mandarin-oranges Milk Whole grain grill cheese sandwich Broccoli Tropical fruit	7 Milk Whole grain blueberry muffin Pineapples Milk Whole grain beef taco quesadilla Corn Grapes
10 Milk Whole Grain Cereal Apple Sauce Milk Beef meatballs Marinara sauce Peas and Carrots Whole grain roll Mandarin oranges	11 Milk Whole grain corn muffin Diced pineapples Milk Cheese ravioli with Marinara sauce String beans Whole wheat roll Mixed Fruit Medley	12 Milk Chicken sausage on a whole grain pancake Apple Milk Turkey sausage pizza on whole grain bread Cauliflower Diced Pears	13 Milk Whole grain English muffin with jelly Orange Milk Whole grain turkey pepperoni and turkey sausage calzone Broccoli Blueberries	14 Milk Whole grain crackers Yogurt Diced Peaches Milk Whole grain turkey Ham and cheese sandwich Carrot sticks Strawberries
17 Milk Whole Grain blueberry pancake Banana Milk Chicken Caesar Salad Whole wheat roll Mandarin Oranges	18 Milk English muffin Jelly Apple slices Milk Whole grain chicken Bbq quesadilla Asparagus Diced pears	19 Milk Whole grain cereal Diced Peaches Milk Cheese ravioli with marinara sauce Diced carrots Strawberries	20 Milk Whole grain bagel with cream cheese Mandarin-oranges Milk Bean and Cheese on a whole grain burrito Corn Tropical fruit	21 Milk Whole grain graham crackers Yogurt Sliced pears Milk Whole grain lasagna rolls Peas and carrots Diced peaches
24 Milk Whole grain cereal Apple Milk Whole grain chicken bbq quesadilla Peas and carrots Diced Pears	25 Milk Whole grain corn muffin Pineapple Milk Whole grain turkey ham and cheese sandwich String beans Fruit medley	26 Milk Chicken sausage on a whole grain pancake Blueberries Milk Stuffed shells with marinara sauce Carrots Whole grain roll Tropical fruit	27 Milk Whole grain English muffin with jelly Orange Milk Whole grain turkey pepperoni and turkey sausage calzone Broccoli Apple	28 
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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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MENU MAYO 2021

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
3 Leche Pan integral de elote Plátano Leche Burrito integral de carne de res con frijoles Ejotes Piña en trocitos	4 Leche Hotcakes integrales con moras azules Durazno Leche Sandwich integral con jamón y peperoni Palitos de zanahoria Naranja	5 Leche Galletas con canela integrales Yogur Peras en cubitos Leche Ensalada César con pollo Pan integral Manzana	6 Leche Bagel integral con queso crema Mandarina Leche Sandwich de queso integral a la parrilla Brócoli Fruta tropical	7 Leche Panque integral con moras azules Plátano Leche Quesadilla de taco de carne integral Elote Uvas
10 Leche Cereal de grano entero Salsa de manzana Leche Albóndigas de res Salsa marinara Elote Pan integral Mandarina	11 Leche Panqué de elote integral Piña en trocitos Leche Sándwich de jamón y queso de pavo integral Ejotes Mezcla de frutas	12 Leche Chorizo de pollo en hotcake integral Manzana Leche Pizza de salchicha de pavo con pan integral Coliflor Pera en cubitos	13 Leches Panqué inglés integral con mermelada Naranja Leche Calzone con peperoni de pavo integral Brócoli Moras azules	14 Leche Galletas integrales Yogurt Durazno Leche Sandwich integral de pavo con queso Palitos de zanahoria Fresas
17 Leche Hot cakes integrales con moras Naranja Leche Ensalada César con pollo Pan integral Moras azules	18 Leche Panqué integral de moras azules Manzana en rebanadas Leche Sandwich con pan integral de jamón y queso Espárragos Pera en trocitos	19 Leche Cereal integral Naranja Leche Ravioles con queso en salsa de tomate Zanahoria en cubitos Fresas	20 Leche Bagel integral con queso crema Puré de manzana Leche Calzón integral de peperoni y chorizo de pavo Elote Mandarina	21 Leche Galletas integrales con canela Yogurt y Peras Leche Lasaña integral Chícharos y zanahorias Duraznos en cubitos
24 Leche Cereal integral Manzana Leche Quesadilla integral con pollo a la barbeque Elote Peras	25 Leche Panqué integral de elote Piña Leche Sandwich integral de jamón y queso Ejotes Frutas mixtas	26 Leche Chorizo de pollo en hotcake integral Moras azules Leche Conchas rellenas con salsa marinara Zanahorias Pan integral Fruta tropical	27 Leche Panqué inglés integral con mermelada Naranja Leche Calzone con peperoni de pavo integral Brócoli Manzana	28 
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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.

MENU SUJETO A CAMBIOS SIN PREVIO AVISO