



WILMINGTON HEAD START, INC.

WWW.WILMHEADSTART.ORG

OCTOBER, 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 100% whole wheat cinnamon raisin bagel Cream cheese 100% Apple juice	2 Milk Whole grain oatmeal Diced peaches	3 Milk Blueberry muffin ½ Banana	4 Milk Applesauce 100% whole wheat Cheerios
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss		Milk Chicken taco Shredded lettuce Diced tomato Whole wheat tortilla ½ Pear	Milk Bologna Cheese 100% Whole wheat bread Lettuce & carrot sticks Strawberries	Milk Turkey steak w/gravy Sliced potatoes Asparagus 100% whole wheat roll Plum	Milk Chicken Caesar salad Whole grain croutons Dressing ½ Orange
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	7 Milk 100% white grape juice Raisin Bran	8 Milk 100% whole wheat cinnamon bread Cream cheese Mandarin-orange	9 Milk 100% Whole grain cream of wheat ½ Banana	10 Milk 100% whole wheat English Muffin spread ½ Orange	11 Milk Rice Chex Blackberries
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss	Milk Sloppy Joe 100% whole wheat bun Corn Strawberries	Milk Mac & real Cheese Green beans ½ Apple	Milk Roast turkey Cheese Lettuce & celery sticks 100% Whole wheat bread Mustard/mayo Plums	Milk Chicken and pasta w/sautéed vegetables Peach	Milk Roast beef with gravy Potatoes Peas Whole wheat roll Grapes
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	14 Milk Raisin Bran Mandarin Oranges	15 Milk 100% whole wheat bagel Cream Cheese ½ Pear	16 Milk Whole grain oatmeal ½ Banana	17 Milk Honey wheat English muffin and Butter Mixed fruit	18 
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	Milk Pepper steak Mashed potatoes Whole wheat roll Pineapple	Milk Cheese ravioli & Meat Sauce 100% whole wheat roll Tossed salad ½ Apple	Milk ½ Turkey & cheese sandwich Lettuce & carrot sticks 100% whole wheat Bread Chips Peach	Milk Honey BBQ Chicken Seasoned sliced potatoes & Brussel sprouts 100% whole wheat roll Grapes	
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	21 Milk 100% Orange juice Chex	22 Milk 100% whole wheat graham crackers Yogurt Diced pineapple	23 Milk Cream of wheat 100% White grape juice	24 Milk Applesauce 100% whole wheat bagel Cream cheese	25 Milk Whole grain corn Kix Mixed fruit
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss	Milk Beef burger w/cheese 100% Whole wheat bun Corn Ketchup Grapes	Milk Baked ziti with mozzarella cheese Asparagus 100% whole wheat bread ½ Pear	Milk Turkey & cheese Lettuce & carrot sticks 100% whole wheat bread Strawberries	Milk Fried chicken Green beans Whole grain rice ½ Orange	Milk Chicken cheese steak Asparagus Whole wheat roll Plum
Fluid Milk Vegetable Fruit Grains	¾ Cup ½ Cup ½ Cup ½ Ss	28 Milk Rice Krispies ½ Apple	29 Milk Yogurt Whole wheat crackers Diced pear	30 Milk 100% Whole grain oatmeal ½ Banana	31 Milk Cinnamon raisin 100% whole wheat bagel Cream cheese ½ Orange	
Fluid Milk Meat or Alt. Vegetable Fruit Grains	¾ Cup 1 ½ Ss ¼ Cup ¼ Cup ½ Ss	Milk Chicken crisпитos Whole grain rice Green beans Blueberries	Milk Roast beef w/gravy Whole wheat roll Mashed potatoes Strawberries	Milk Turkey ham & Cheese 100% whole wheat bread Lettuce & celery sticks Broccoli soup ½ Orange	Milk Oven baked chicken Whole grain rice pilaf Spinach Peach	

Menu subject to changes.



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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 Bagel 100% integral con canela y pasas Queso crema 100% jugo de manzana	2 Leche Avena 100% integral Durazno en cubitos	3 Leche Panqué con moras azules ½ Plátano	4 Leche Puré de manzana Cheerios 100% integrales
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza		Leche Taco de carne Lechuga rallada Jitomate en cuadritos Tortilla integral ½ Pera	Leche Mortadela Queso Pan 100% integral Lechuga y palitos de zanahoria Fresas	Leche Carne de pavo con gravy Papas en rodajas Espárragos Pan 100% integral Ciruela	Leche Ensalada César con pollo Crutones integrales Aderezo ½ Naranja
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza	7 Leche 100 % Jugo de uva Raisin Bran	8 Leche Pan 100% integral con canela Queso crema Mandarina	9 Leche Crema de trigo ½ Plátano	10 Leche Pan inglés 100% integral/Mant. ½ Naranja	11 Leche Rice chex Moras
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza	Leche Slopy Joe Pan 100% integral Elote Fresas	Leche Macarrones con queso natural Ejotes ½ Manzana	Leche Pavo horneado Queso Lechuga y palitos de apio Pan 100% integral Mostaza/mayo Ciruelas	Leche Pollo con pasta y vegetales Durazno	Leche Roast beef con gravy Papas Chícharos Pan integral Uvas
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza	14 Leche Raisin bran Mandarina	15 Leche Bagel 100% integral Queso crema ½ Pera	16 Leche Avena integral ½ Plátano	17 Leche Pan Inglés 100% integral c/manteq. Fruta mixta	18 
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza	Leche Carne a la pimienta Puré de papa Pan integral Piña	Leche Ravioles con queso y salsa de carne Pan 100% integral Ensalada mixta ½ Manzana	Leche ½ Sandwich de pavo con queso Lechuga y palitos de zanahoria Pan integral Totopitos Durazno	Leche Pollo a la bbq Rebanadas de papa y col de bruselas Pan 100% integral Uvas	
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza	21 Leche 100% jugo de naranja Chex	22 Leche Galletas 100% integrales c/canela Yogurt Piña en cubitos	23 Leche Crema de trigo entero 100% Jugo de uva	24 Leche Puré de manzana Bagel 100% integral Queso crema	25 Leche Kix 100% integral Fruta mixta
Leche líquida Carne o Alt. Vegetal Pan Equiv. Fruta	¾ Taza 1 ½ Porc ¼ Taza ½ Porc ¼ Taza	Leche Hamburguesa de res con queso Pan 100% integral Elote Catsup Uvas	Leche Pasta Ziti horneada con queso mozzarella Espárragos Pan 100% integral ½ Pera	Leche Pavo y queso Lechuga y palitos de apio Pan 100% integral Fresas	Leche Pollo frito Ejotes Arroz integral ½ Naranja	Leche Torta de pollo con queso Espárragos Pan integral Ciruela
Leche líquida Vegetal Cereal/Pan Fruta	¾ Taza ½ Taza ½ Porc ½ Taza	28 Leche Rice Krispies ½ Manzana	29 Leche Yogurt Galleta integral Pera en cubitos	30 Leche Avena 100% integral ½ Plátano	31 Leche Bagel 100% integral con canela y pasitas Queso crema ½ Naranja	
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 ingttegral Ejotes Moras azules	Leche Roast beef con gravy Pan integral Puré de papa Fresas	Leche Jamón de pavo y queso Pan 100% integral Lechuga y palitos de zanahoria Sopa de brócoli ½ Naranja	Leche Pollo horneado Arroz 100% integral Espinacas Durazno	

Menú sujeto a cambios sin previo aviso