



# WILMINGTON HEAD START, INC.

[WWW.WILMHADSTART.ORG](http://WWW.WILMHADSTART.ORG)

## JANUARY, 2020

| LUNCH                                                      | AGE<br>3-5                                                                                              | MONDAY                                                                                                                         | TUES                                                                                             | WED                                                                                                                                 | THUR                                                                                                        | FRIDAY                                                                                                               |
|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Fluid Milk<br>Vegetable<br>Fruit<br>Grains                 | $\frac{3}{4}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Ss                         |                                                                                                                                |                                                                                                  | 1<br>                                             | 2 Milk<br>Whole wheat<br>bagel<br>Cream cheese<br>$\frac{1}{2}$ Apple                                       | 3 Milk<br>Whole grain Kix<br>$\frac{1}{2}$ Banana                                                                    |
| Fluid Milk<br>Meat or Alt.<br>Vegetable<br>Fruit<br>Grains | $\frac{3}{4}$ Cup<br>1 $\frac{1}{2}$ Ss<br>$\frac{1}{4}$ Cup<br>$\frac{1}{4}$ Cup<br>$\frac{1}{2}$ Ss   |                                                                                                                                |                                                                                                  |                                                                                                                                     | Milk<br>Chicken &<br>cheese crispitos<br>Whole grain rice<br>Broccoli<br>Blackberries                       | Milk<br>Salisbury beef<br>steak<br>Mashed<br>potatoes<br>Whole wheat roll<br>Plum                                    |
| Fluid Milk<br>Vegetable<br>Fruit<br>Grains                 | $\frac{3}{4}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Ss                         | 6 Milk<br>Whole grain<br>Bran Flakes<br>Apple sauce                                                                            | 7 Milk<br>Whole wheat<br>bagel<br>Cream cheese<br>$\frac{1}{2}$ Pear                             | 8 Milk<br>Whole grain<br>cream of wheat<br>$\frac{1}{2}$ Banana                                                                     | 9 Milk<br>Whole wheat<br>English muffin<br>Jelly<br>Mandarin<br>Oranges                                     | 10 Milk<br>Special K<br>Raspberries                                                                                  |
| Fluid Milk<br>Meat or Alt.<br>Vegetable<br>Fruit<br>Grains | $\frac{3}{4}$ Cup<br>1 $\frac{1}{2}$ Ss<br>$\frac{1}{4}$ Cup<br>$\frac{1}{4}$ Cup<br>$\frac{1}{2}$ Ss   | Milk<br>Honey bbq<br>grilled chicken<br>strips<br>Whole wheat roll<br>Green beans<br>$\frac{1}{2}$ Orange                      | Milk<br>Crispitos w/whole<br>wheat rice<br>Broccoli<br>Blackberries                              | Milk<br>Beef bologna<br>Cheese slice<br>Whole wheat<br>bread<br>Lettuce<br>Chicken & broccoli<br>soup<br>Peach                      | Milk<br>Turkey meat balls<br>w/gravy<br>Mashed potatoes<br>Whole wheat<br>bread<br>Asparagus<br>Blueberries | Milk<br>Beef hamburger<br>with cheese<br>Whole wheat<br>buns<br>Corn<br>Grapes                                       |
| Fluid Milk<br>Vegetable<br>Fruit<br>Grains                 | $\frac{3}{4}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Ss                         | 13 Milk<br>Whole grain<br>Cheerios<br>Fruit cocktail                                                                           | 14 Milk<br>100% Orange juice<br>Whole wheat<br>bread<br>Mozzarella cheese<br>sticks              | 15 Milk<br>Whole grain<br>oatmeal<br>100% Cranberry<br>apple juice                                                                  | 16 Milk<br>Whole wheat<br>English muffin<br>w/jelly<br>$\frac{1}{2}$ Banana                                 | 17<br>                          |
| Fluid Milk<br>Meat or Alt.<br>Vegetable<br>Fruit<br>Grains | $\frac{3}{4}$ Cup<br>1 $\frac{1}{2}$ Ss<br>$\frac{1}{4}$ Cup<br>$\frac{1}{4}$ Cup<br>$\frac{1}{2}$ Ss   | Milk<br>Roast beef<br>Gravy<br>Whole wheat roll<br>Broccoli<br>$\frac{1}{2}$ Orange                                            | Milk<br>Salisbury steak<br>Mashed potatoes<br>Whole wheat roll<br>Plum                           | Milk<br>$\frac{1}{2}$ Sandwich<br>Chicken salad<br>Whole wheat<br>bread<br>Lettuce<br>Tomato soup<br>Raspberries                    | Milk<br>Chicken stir fry<br>with oriental<br>vegetables<br>Whole grain rice<br>Grapes                       |                                                                                                                      |
| Fluid Milk<br>Vegetable<br>Fruit<br>Grains                 | $\frac{3}{4}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Ss                         | 20 <b>CLOSED</b><br>                        | 21 Milk<br>Whole wheat<br>bagel<br>Cream cheese<br>$\frac{1}{2}$ Pear                            | 22 Milk<br>Whole grain<br>cream of wheat<br>100% Apple juice                                                                        | 23 Milk<br>Whole wheat<br>blueberry muffin<br>$\frac{1}{2}$ Banana                                          | 24 Milk<br>Rice krispies<br>100% Orange<br>juice                                                                     |
| Fluid Milk<br>Meat or Alt.<br>Vegetable<br>Fruit<br>Grains | $\frac{3}{4}$ Cup<br>1 $\frac{1}{2}$ Porc<br>$\frac{1}{4}$ Cup<br>$\frac{1}{4}$ Cup<br>$\frac{1}{2}$ Ss |                                                                                                                                | Milk<br>Ravioli w/meat<br>sauce<br>Tossed salad<br>dressing<br>Whole wheat<br>bread<br>Tangerine | Milk<br>Tomato soup<br>Beef bologna<br>Whole wheat<br>bread<br>Cheese<br>Lettuce<br>Grapes                                          | Milk<br>Turkey<br>Mashed potatoes<br>Whole wheat roll<br>California fruit<br>medley                         | Milk<br>Bbq Grilled<br>chicken breast<br>Kale<br>Whole grains<br>brown rice<br>Diced peaches                         |
| Fluid Milk<br>Vegetable<br>Fruit<br>Grains                 | $\frac{3}{4}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Cup<br>$\frac{1}{2}$ Ss                         | 27 Milk<br>Special K<br>Strawberries                                                                                           | 28 Milk<br>Whole wheat<br>bagel<br>Cream cheese<br>$\frac{1}{2}$ Banana                          | 29 Milk<br>Whole wheat<br>oatmeal<br>100% Orange<br>juice                                                                           | 30 Milk<br>Whole grain<br>blueberry muffins<br>100% Cran-apple<br>juice                                     | 31 Milk<br>Whole grain Kix<br>100% White<br>cranberry juice                                                          |
| Fluid Milk<br>Meat or Alt.<br>Vegetable<br>Fruit<br>Grains | $\frac{3}{4}$ Cup<br>1 $\frac{1}{2}$ Ss<br>$\frac{1}{4}$ Cup<br>$\frac{1}{4}$ Cup<br>$\frac{1}{2}$ Ss   | Milk<br>Chicken taco<br>Shredded<br>cheese & lettuce<br>Diced tomatoes<br>Whole grain<br>tortilla chips<br>$\frac{1}{2}$ Apple | Milk<br>Cheese ravioli<br>w/tomato sauce<br>Asparagus<br>Whole wheat<br>bread<br>Diced peaches   | Milk<br>$\frac{1}{2}$ Sandwich<br>turkey salad<br>Chicken broccoli<br>soup<br>Lettuce<br>Whole wheat<br>bread<br>$\frac{1}{2}$ Pear | Milk<br>Linguini Alfredo<br>w/chicken &<br>mozzarella<br>Tossed Salad<br>Dressing<br>Orange quarters        | Milk<br>Roasted turkey<br>Cheese<br>Lettuce<br>Whole wheat<br>bread<br>Creamy corn<br>soup<br>Mustard/mayo<br>Grapes |

Menu subject to change without notice.



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**ENERO, 2020**

| <i>DESAYUNO/<br/>ALMUERZO</i>                                                                      | <i>EDAD<br/>3-5</i>                            | <i>LUNES</i>                                                                                                             | <i>MARTES</i>                                                                                               | <i>MIER.</i>                                                                                                             | <i>JUEVES</i>                                                                                                         | <i>VIERNES</i>                                                                                             |
|----------------------------------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <b>Leche líquida</b><br><b>Vegetal</b><br><b>Cereal/Pan</b><br><b>Fruta</b>                        | ¾ Taza<br>½ Taza<br>½ Taza<br>½ Porc           |                                                                                                                          |                                                                                                             | 1 <b>CERRADO</b><br>                   | 2 Leche<br>Bagel integral<br>Queso crema<br>½ Manzana                                                                 | 3 Leche<br>Kix integral<br>½ Plátano                                                                       |
| <b>Leche líquida</b><br><b>Carne o Alt.</b><br><b>Vegetal</b><br><b>Pan Equiv.</b><br><b>Fruta</b> | ¾ Taza<br>1 ½ Ss<br>¼ Taza<br>¼ Taza<br>½ Porc |                                                                                                                          |                                                                                                             |                                                                                                                          | Leche<br>Taquitos de pollo<br>con queso<br>Arroz integral<br>Brócoli<br>Moras                                         | Leche<br>Carne de res<br>Puré de papa<br>Pan integral<br>Ciruela                                           |
| <b>Leche líquida</b><br><b>Vegetal</b><br><b>Cereal/Pan</b><br><b>Fruta</b>                        | ¾ Taza<br>½ Taza<br>½ Taza<br>½ Porc           | 6 Leche<br>Bran Flakes<br>integrales<br>Puré de<br>manzana                                                               | 7 Leche<br>Bagel integral<br>Queso crema<br>½ Pera                                                          | 8 Leche<br>Crema de trigo<br>integral<br>½ Plátano                                                                       | 9 Leche<br>Panqué inglés<br>integral<br>Mermelada<br>Mandarinas                                                       | 10 Leche<br>Special K<br>Frambuesas                                                                        |
| <b>Leche líquida</b><br><b>Carne o Alt.</b><br><b>Vegetal</b><br><b>Pan Equiv.</b><br><b>Fruta</b> | ¾ Taza<br>1 ½ Ss<br>¼ Taza<br>¼ Taza<br>½ Porc | Leche<br>Pollo a la<br>parrilla con<br>salsa bbq<br>Pan integral<br>Ejotes<br>½ Naranja                                  | Leche<br>Tacos de pollo<br>con queso<br>Arroz integral<br>Brócoli<br>Moras                                  | Leche<br>Mortadela<br>Rebanada de<br>queso<br>Pan integral<br>Lechuga rallada<br>Sopa de pollo<br>con brócoli<br>Durazno | Leche<br>Albóndigas de<br>pavo con gravy<br>Puré de papa<br>Pan integral<br>Espárragos<br>Moras azules                | Leche<br>Hamburguesa<br>de res con<br>queso<br>Bimbollo<br>integral<br>Elote<br>Uvas                       |
| <b>Leche líquida</b><br><b>Vegetal</b><br><b>Cereal/Pan</b><br><b>Fruta</b>                        | ¾ Taza<br>½ Taza<br>½ Taza<br>½ Porc           | 13 Leche<br>Cheerios<br>integrales<br>Coctel de frutas                                                                   | 14 Leche<br>100% Jugo de<br>naranja<br>Pan integral<br>Palitos de queso<br>mozzarella                       | 15 Leche<br>Avena integral<br>100% jugo de<br>arándano y<br>manzana                                                      | 16 Leche<br>Panqué inglés<br>integral con<br>mermelada<br>½ Plátano                                                   | 17 <b>CERRADO</b><br> |
| <b>Leche líquida</b><br><b>Carne o Alt.</b><br><b>Vegetal</b><br><b>Pan Equiv.</b><br><b>Fruta</b> | ¾ Taza<br>1 ½ Ss<br>¼ Taza<br>¼ Taza<br>½ Porc | Leche<br>Roast beef<br>Gravy<br>Pan integral<br>Brócoli<br>½ Naranja                                                     | Leche<br>Carne de res<br>Puré de papa<br>Pan integral<br>Ciruela                                            | Leche<br>½ Sandwich de<br>ensalada de pavo<br>Pan integral<br>Lechuga<br>Crema de tomate<br>Frembuesa                    | Leche<br>Pollo estilo chino<br>con vegetales<br>Arroz integral<br>Uvas                                                |                                                                                                            |
| <b>Leche líquida</b><br><b>Vegetal</b><br><b>Cereal/Pan</b><br><b>Fruta</b>                        | ¾ Taza<br>½ Taza<br>½ Taza<br>½ Porc           | 20 <b>CERRADO</b><br>                 | 21 Leche<br>Bagel integral<br>Queso crema<br>½ Pera                                                         | 22 Leche<br>Crema de trigo<br>integral<br>100% Jugo de<br>manzana                                                        | 23 Leche<br>Panqué integral<br>con moras azules<br>½ Plátano                                                          | 24 Leche<br>Rice Krispies<br>100% Jugo de<br>naranja                                                       |
| <b>Leche líquida</b><br><b>Carne o Alt.</b><br><b>Vegetal</b><br><b>Pan Equiv.</b><br><b>Fruta</b> | ¾ Taza<br>1 ½ Ss<br>¼ Taza<br>¼ Taza<br>½ Porc |                                                                                                                          | Leche<br>Ravioles en salsa<br>de carne<br>Ensalada mixta<br>Aderezo<br>Pan integral<br>Mandarina            | Leche<br>Crema de tomate<br>Mortadela<br>Queso<br>Pan integral<br>Lechuga<br>Uvas                                        | Leche<br>Corte de pavo<br>Puré de papa<br>Pan integral<br>Fruta mixta                                                 | Leche<br>Pechuga de<br>pollo a la bbq<br>Arroz integral<br>Col rizada<br>Durazno en<br>cubitos             |
| <b>Leche líquida</b><br><b>Vegetal</b><br><b>Cereal/Pan</b><br><b>Fruta</b>                        | ¾ Taza<br>½ Taza<br>½ Taza<br>½ Porc           | 27 Leche<br>Special K<br>Fresas                                                                                          | 28 Leche<br>Bagel integral<br>Queso crema<br>½ Plátano                                                      | 29 Leche<br>Avena integral<br>100% Jugo de<br>naranja                                                                    | 30 Leche<br>Panqué integral<br>con moras azules<br>100% jugo de<br>arándano y<br>manzana                              | 31 Leche<br>Kix integrales<br>100 jugo de<br>arándanos                                                     |
| <b>Leche líquida</b><br><b>Carne o Alt.</b><br><b>Vegetal</b><br><b>Pan Equiv.</b><br><b>Fruta</b> | ¾ Taza<br>1 ½ Ss<br>¼ Taza<br>¼ Taza<br>½ Porc | Leche<br>Taco de pollo<br>Queso y<br>lechuga rallada<br>Jitomate en<br>cuadritos<br>Totopitos<br>integrales<br>½ Manzana | Leche<br>Ravioles con<br>queso en salsa de<br>tomate<br>Pan integral<br>Espárragos<br>Durazno en<br>cubitos | Leche<br>½ Sandwich de<br>ensalada de pavo<br>Sopa de pollo<br>con brócoli<br>Pan integral<br>Lechuga<br>½ Pera          | Leche<br>Linguini con pollo<br>y mozzarella en<br>salsa Alfredo<br>Ensalada mixta<br>Aderezo<br>Naranja en<br>cuartos | Leche<br>Pavo asado<br>Queso<br>Lechuga<br>Pan integral<br>Crema de elote<br>Mostaza/mayo<br>Uvas          |

**Menú sujeto a cambios sin previo aviso.**