

Menu- March 2017



WAGES Head Start, Early Head Start, NC Pre-K

Lactose Free Milk, Soy Milk, Pediasure or Ensure may be substituted for children who have medical documentation. This menu has been approved by a registered dietician and the WAGES Health & Nutrition Advisory council. Chicken Vienna sausages, baked beans, vegetarian beans, and /or cheese Jan. be substituted for children who do not eat pork products. Teachers are to substitute appropriate food for toddlers when the children cannot eat the listed food. Ex. Applesauce instead of apple slices. Teachers are to cut meat into bite size pieces for children under 4 years of age according to NAEYC.

Week 1	Monday-	Tuesday	Wednesday- Mar. 1	Thursday- Mar. 2	Friday – Mar. 3
Breakfast	<i>Teachers are to add any substituted food to the menu.</i>		Blueberry muffin, orange juice, milk/milk substitute	Pancake w/syrup, peaches, milk/milk substitute	Boiled egg, ½ English muffin, pineapple juice, milk/milk substitute
Lunch	<i>(Ex: Soy milk or food substituted for children to do not eat pork.)</i>		Sloppy Joe, green beans, okra & tomatoes, slider roll, milk/milk substitute	Chicken quesadillas, lettuce, tomato, cheese, refried beans, flour tortilla, milk/milk substitute	Fish portion, coleslaw, chunky applesauce, roll, milk/milk substitute
Snack			Sliced apples, string cheese	Wheat Thins, pineapple tidbits	Teddy Grahams, orange wedges
Week 2	Monday- Mar. 6	Tuesday – Mar. 7	Wednesday – Mar. 8	Thursday – Mar. 9	Friday – Mar. 10
Breakfast	Pancake on a stick, mandarin oranges, milk/milk substitute	Assorted cereal, grape juice, milk/milk substitute	Mini bagel w/cream cheese, apple juice, milk/milk substitute	Blueberry muffin, orange juice, milk/milk substitute	Chicken Biscuit, pineapple juice, milk/milk substitute
Lunch	Spaghetti w/meat sauce, green beans, tossed salad w/dressing, milk/milk substitute	Chicken stir-fry with peppers, mushrooms & onions, brown rice, pineapple tidbits, milk/milk substitute	Swedish meatballs, rice, glazed carrots, cabbage, milk/milk substitute	Chicken w/egg noodles, mustard greens, candied yams, milk/milk substitute	Hamburger casserole w/mushroom soup, potatoes & onions, butterbeans, roll, milk/milk substitute
Snack	Peaches, yogurt	Animal crackers, mixed fruit	Early dismissal	Sliced apples, cheddar cheese sticks	Wheat Ritz crackers, zucchini slices w/ranch dressing
Week 3	Monday- Mar. 13	Tuesday- Mar. 14	Wednesday –Mar. 15	Thursday – Mar. 16	Friday Mar. 17
Breakfast	Waffle, grape juice, milk/milk substitute	Assorted cereal, peaches, milk/milk substitute	Pancake on a stick, pears, milk/milk substitute	Banana nut muffin, orange juice, milk/milk substitute	Cinnamon raisin bread, applesauce, milk/milk substitute
Lunch	Hamburger w/Spanish rice, corn, butterbeans, milk/milk substitute	Chicken tenders w/ketchup, sweet potato fries, broccoli & cheese, wheat roll, milk/milk substitute	Hamburger steak w/gravy, mashed potatoes, green peas, wheat roll, milk/milk substitute	Stew beef, potatoes/carrots/onions, green beans, roll, milk/milk substitute	Fish portion w/ketchup, baked beans, coleslaw (applesauce for toddlers), wheat roll, milk/milk substitute
Snack	Loma Doone cookies, string cheese	Wheat Thins, green peppers w/ranch dressing, water	Rice cakes w/ Sun Butter, grape juice	Saltine crackers, boiled egg	Sun Chips, sliced cucumbers w/ranch dressing
Week 4	Monday -Mar. 20	Tuesday – Mar. 21	Wednesday – Mar. 22	Thursday – Mar. 23	Friday – Mar. 24 Teacher Workday Make-up day for NC Pre-K
Breakfast	Assorted cereal, grape juice, milk/milk substitute	Rice cakes w/ Sun Butter, peaches, milk/milk substitute	Sausage Biscuit, mixed fruit, milk/milk substitute	Blueberry muffin, pineapple tidbits, milk/milk substitute	French toast, orange wedges, milk/milk substitute
Lunch	Turkey meatballs, Spanish rice, baked apples, turnip greens, milk/milk substitute	Hamburger w/ketchup, lettuce & tomato, sweet potato fries, hamburger bun, milk/milk substitute	Stew beef w/potatoes, carrots & onions, green peas, wheat bread, milk/ milk substitute	Oven fried chicken, mashed potatoes, green beans, whole wheat roll, milk/milk substitute	Turkey & cheese sliders, vegetable soup, peaches, slider roll, milk/milk substitute
Snack	Fig Newtons, tropical fruit	Wheat crackers, zucchini slices w/ranch dressing	Thin sliced bagel, banana	Baby carrots w/ranch dressing, string cheese	Rice cake, sliced cucumbers w/ranch dressing
Week 5	Monday - Mar. 27	Tuesday- Mar. 28	Wednesday- Mar. 29	Thursday- Mar. 30	Friday- Mar. 31
Breakfast	Raisin bread, applesauce, milk/milk substitute	Assorted cereal, grape juice, milk/milk substitute	Blueberry muffin, orange juice, milk/milk substitute	Pancake w/syrup, peaches, milk/milk substitute	Boiled egg, ½ English muffin, pineapple juice, milk/milk substitute
Lunch	Hamburger w/gravy, sweet potatoes, butterbeans, wheat roll, milk/milk substitute	BBQ Chicken, creamed corn, broccoli & cheese, wheat bread, milk/milk substitute	Sloppy Joe, green beans, okra & tomatoes, slider roll, milk/milk substitute	Chicken quesadillas, lettuce, tomato, cheese, refried beans, flour tortilla, milk/milk substitute	Fish portion, coleslaw, chunky applesauce, roll, milk/milk substitute
Snack	Peaches, yogurt	Saltine crackers, baby carrots w/ranch dressing (toddlers: substitute fruit)	Sliced apples, string cheese	Wheat Thins, pineapple tidbits	Teddy Grahams, orange wedges

Nutrition Tip: Let your children serve themselves. Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

