

Head Start Lunch Center January 4 – 29, 2010

“The USDA and the State of Indiana are equal opportunity providers and employers.”

USDA Lunch = Milk= 8 oz, meat/protein source =1 ½ oz, 2 or more veg./fruit = ½ c, and bread or alternative = ½ sl Serving sizes appropriate for ages 3 - 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Chicken patty/Bun 1 ea Mixed vegetables ¼ c Diced peaches ¼ c Milk 8 oz Substitution _____	5 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Ham & beans ½ c Hash brown potatoes ¼ c Stewed apples ¼ c Corn muffin 1 ea Milk 8 oz Substitution _____	6 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Salisbury steak/ gravy 1 pc Mashed potatoes ¼ c Peas ¼ c Roll 1 ea Milk 8 oz. Substitution _____	7 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Bar-B-Q riblet 1 ea Corn ¼ c Green beans ¼ c Biscuit 1 ea Milk 8 oz Substitution _____	8 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Chicken & noodles ½ c California blend ¼ c Strawberry/banana/ Pudding ½ c Milk 8 oz Substitution _____
11 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Meatloaf 1 pc Mashed potatoes ¼ c Carrots ¼ c Bread/marg. 1 sl Milk 8 oz Substitution _____	12 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Sweet & Sour chicken ½ c Rice ¼ c Green beans ¼ c Cheddar cheese stick 1 ea Milk 8 oz Substitution _____	13 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Ham slice 1 ea Sweet potato ¼ c Broccoli ¼ c Wheat roll 1 ea Milk 8 oz Substitution _____	14 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Hamburger/ bun 1 ea Au Gratin potatoes ¼ c Peas ¼ c Dill pickle stick 1 ea Milk 8 oz Substitution _____	15 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Taco Salad—Meat/ cheese 2 oz Lettuce/tomato/salsa ½ c Nacho chips 8-10 ea Corn ¼ c Milk 8 oz Substitution _____
18 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> <b style="text-align: center;">CLOSED FOR MARTIN LUTHER KING DAY Milk 8 oz Substitution _____	19 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Bar-B-Q riblet 1 pc Macaroni & cheese ¼ c Green beans ¼ c Diced peaches ¼ c Milk 8 oz. Substitution _____	20 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Chicken nuggets 5 ea French fries 6-8 pcs Carrot/raisin salad ¼ c Wheat bread/marg 1 sl Milk 8 oz Substitution _____	21 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Baked spaghetti/ meat/cheese / Marinara sauce ½ c Lettuce/fr. Dressing ¼ c Cottage cheese ¼ c Diced pears ¼ c Milk 8 oz. Substitution _____	22 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Beef & noodles ½ c Mashed potatoes ¼ c Broccoli ¼ c Milk 8 oz Substitution _____
25 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Beef/bean burrito 1 ea Lettuce/tomato/Fr. Dressing ½ c Nacho chips/cheese 6-8 ea Banana ½ ea Milk 8 oz Substitution _____	26 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Baked chicken leg 1 ea Baby Lima beans ¼ c Corn on the cob 1 pc Wheat bread/marg 1 sl Milk 8 oz Substitution _____	27 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Turkey Lunchable 1 Raisins ¼ c Apple 1 Chocolate Milk 8 oz Substitution _____	28 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Fish nuggets 6 ea Pizza potatoes ¼ c Green beans ¼ c Roll 1 ea Milk 8 oz Substitution _____	29 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Beef/vegetable soup ½ c Peanut butter/jelly sand 1 sl Apple slices 2 oz Saltine Crackers 4 ea Milk 8 oz. Substitution _____

Prepared by R.F. Turner