

PRE-K HEAD START SCHOOL MENU

MARCH 2024

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle w/ Syrup Apple Juice	200 120 60	35 31 4	Mini Pancakes w/Syrup Orange Juice	200 120 35	35 31 9	Chicken Biscuit WG Sandwich Apple Juice	250 60	31 14	Turkey Ham+ & Cheese on a Hawaiian Bun Orange Juice	270 35	30 9	Maryland Made Cinnamon Roll Cheese Stick Apple Juice	232 59 60	38 1 14

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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03/01									
				Cheese Pizza 320/330 31 Assorted Fresh Veggies w/ Ranch 14/55 3/3					
03/04		03/05		03/06		03/07		03/08	
Hamburger on Bun w/ Bk Fr Potatoes	415 45	BBQ Pulled Chicken Sandwich w/ Corn & Green Beans	359 58	Chicken WG Nuggets w/ Macaroni & Cheese Tossed Salad w/ Ranch	513 46 20/55 4/3	Crunchy Beef Taco~ w/ Corn & Edamame & Scoops	238 23 110 19	Cheese Pizza	320/330 31
								Assorted Fresh Veggies w/ Ranch	14/55 3/3
03/11		03/12		03/13		03/14		03/15	
Teriyaki Beef Bites~ w/ WG Veg Rice	379 58	Turkey & Gravy w/Sweet Potatoes, Green Beans & Corn	229 23	Cheese Lasagna w/ Marinara Sauce & Roll	259 39 80 15	Chicken WG Nuggets w/ Blueberry Bread	482 46	Cheese Pizza	320/330 31
Baby Carrots w/Ranch	35/55 8/3	Roll	80 15			Spinach Romaine and Craisin Salad w/ Spinach Dressing	64 12 136 13	Assorted Fresh Veggies w/ Ranch	14/55 3/3
03/18		03/19		03/20		03/21		03/22	
Cheese Crunchers^ w/ Marinara Sauce	487 55	Hamburger on Bun w/ Bk Fr Potatoes	415 45	Chik'n Nuggets^ w/ Cheesy Spinach & Roll Tossed Salad w/ Ranch	386 34 80 15 20/55 4/3	BBQ Beef Sandwich w/ Corn & Green Beans	375 44	Cheese Pizza	320/330 31
								Assorted Fresh Veggies w/ Ranch	14/55 3/3

SPRING BREAK - March 25-29, 2024

04/01					04/02					04/03					04/04					04/05				
HOLIDAY					Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206 23 240 24	Chik'n Parmesan^ w/ Penne Pasta & Roll Baby Carrots w/Ranch	413 59 80 15 35/55 8/3	Chicken WG Nuggets w/ Seasoned Potatoes	380 41	Cheese Pizza	320/330 31	Spinach Romaine and Craisin Salad w/ Spinach Dressing	64 12 136 13										

Assorted fruit and milk are available at every meal.
 Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 13–20

Additional Vegan/Vegetarian options include peanut butter & jelly sandwich, grilled cheese sandwich, waffle & yogurt, hummus, and fruit and yogurt parfait. Please let your cafeteria manager know if you are interested in ordering any of these options.

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^Vegan WG = Whole Grain

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)
 • Dinner Roll: 80 / 15 Hamburger Bun: 140 / 27
 • Hot Dog Bun: 130 / 26 Scoops: 110 / 19
 • Walking Taco Corn Chips: 240/24

