<table>
<thead>
<tr>
<th>WEEK 1 MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mac &amp; Cheese with</td>
<td>Soft Shell Beef Taco</td>
<td>Cheeseburger on a Bun</td>
<td>Cheese Pizza</td>
<td>Chicken Nuggets</td>
</tr>
<tr>
<td>Ground Beef (Headstart/GSRP)</td>
<td>Baked Beans</td>
<td>Oven Baked Potatoes</td>
<td>Romaine Lettuce Salad</td>
<td>Cooked Carrots</td>
</tr>
<tr>
<td>Steamed Broccoli</td>
<td>Apple Slices</td>
<td>Pear Cup</td>
<td>Pineapple Cup</td>
<td>Mixed Fruit Cup</td>
</tr>
<tr>
<td>Peach Cup</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Cheez-It Crackers</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 2 MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
</tr>
<tr>
<td>Bosco Cheese Stick</td>
<td>Chicken Strips</td>
<td>Cheese Pizza Bagel</td>
<td>Chicken Patty on a Bun</td>
<td>Turkey &amp; Cheese Rollup</td>
</tr>
<tr>
<td>Oven Baked Potato</td>
<td>Baked Beans</td>
<td>Romaine Lettuce Salad</td>
<td>Steamed Broccoli</td>
<td>Cooked Carrots</td>
</tr>
<tr>
<td>Mixed Fruit Cup</td>
<td>Apple Slices</td>
<td>Peach Cup</td>
<td>Apple Slices</td>
<td>Pear Cup</td>
</tr>
<tr>
<td>Milk</td>
<td>Cornbread</td>
<td>Milk</td>
<td>Apple Slices</td>
<td>Goldfish Crackers</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 3 MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
</tr>
<tr>
<td>Cheese Quesadilla</td>
<td>Soft Shell Chicken Taco</td>
<td>Pepperoni Bosco Stick</td>
<td>Breakfast for Lunch</td>
<td>Chicken with Waffles</td>
</tr>
<tr>
<td>Steamed Broccoli</td>
<td>Baked Beans</td>
<td>Romaine Lettuce Salad</td>
<td>French Toast</td>
<td>Cooked Carrots</td>
</tr>
<tr>
<td>Peach Cup</td>
<td>Mixed Fruit</td>
<td>Pineapple Cup</td>
<td>Turkey Sausage</td>
<td>Pear Cup</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Tater Tots</td>
<td>Milk</td>
</tr>
<tr>
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<td></td>
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</tr>
<tr>
<td>WEEK 4 MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
</tr>
<tr>
<td>Cheese Pizza</td>
<td>Soft Shell Beef Taco</td>
<td>Chicken Nuggets</td>
<td>Mac &amp; Cheese with</td>
<td>Breakfast for Lunch</td>
</tr>
<tr>
<td>Romaine Lettuce Salad</td>
<td>Baked Beans</td>
<td>Cooked Carrots</td>
<td>Ground Beef (Headstart/GSRP)</td>
<td>Pancakes</td>
</tr>
<tr>
<td>Pineapple Cup</td>
<td>Pear Cup</td>
<td>Apple Slices</td>
<td>Steamed Broccoli</td>
<td>Sausage</td>
</tr>
<tr>
<td>Milk</td>
<td>Goldfish Crackers</td>
<td>Peach Cup</td>
<td>Tater Tots</td>
<td>Orange Wedges</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td></td>
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</tr>
</tbody>
</table>

### Early Headstart Meal Pattern

**Meat/Protein**
- 1 oz.
- 1/8 cup

**Vegetable**
- 1/8 cup

**Grains**
- 1/2 oz. eq.

**Milk**
- 1/2 cup

### Headstart Meal Pattern

**Meat/Protein**
- 1-1/2 oz.
- 1/4 cup

**Vegetable**
- 1/4 cup

**Grains**
- 1/2 oz. eq.

**Milk**
- 3/4 cup

**Child Care Lunch $2.75**

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