

Head Start PKC Lunch Menu

Monday	Quantity	Tuesday	Quantity	Wednesday	Quantity	Thursday	Quantity	Friday	Quantity
		October 1, 2024		October 2, 2024		October 3, 2024		October 4, 2024	
		Cheesy Chicken Nacho's	3 oz.	Grilled Cheese	3 (1.5 oz.)	W.G. Popcorn Chicken	8 (3.2 oz.)	Pizza Slice	1 (4.8 oz.)
		W.G. Doritos	1 oz.	On W.G. Bread	2 Slices	Mashed Potatoes	1/4 Cup	Crunchy Broccoli Florets	1/4 Cup
		Sweet Corn	1/4 Cup	Celery Sticks w/ Dip	3 (1.4 oz.)	Petite Apple	1	Sliced Strawberries	1/4 Cup
		Pineapple Tidbits	1/4 Cup	Orange Wedges	3 wedges	Milk 1%	3/4 Cup	Milk 1%	3/4 Cup
	Milk 1%	3/4 Cup							
October 7, 2024		October 8, 2024		October 9, 2024		October 10, 2024		October 11, 2024	
W.G. Chicken Nuggets	5 (3 oz.)	Turkey Soft Taco	3 oz.	W.G. Popcorn Chicken	8 (3.2 oz.)	Cinnamon Swirl		Breaded Mozzarella Sticks	5 (.84 oz.)
Macaroni & Cheese	1/2 Cup	6" W.G. Soft Tortilla	1	Fried Brown Rice	1/4 Cup	W.G. French Toast	2.5 oz.	Marinara Dipping Sauce	1 oz.
Green Beans	1/4 Cup	Shredded Cheddar Cheese	1 Tbsp.	Celery Sticks w/ Dip	3 (1.4 oz.)	Yogurt	4 oz.	Cucumbers w/ Dip	3 (1.4 oz.)
Sliced Peaches	1/4 Cup	Pinto Beans	1/4 Cup	Orange Wedges	3 wedges	Hashbrown	1(2.25 oz.)	Diced Pears	1/4 Cup
Milk 1%	3/4 Cup	Pineapple Tidbits	1/4 Cup	Fortune Cookie	1	Blueberries	1/4 Cup	Milk 1%	3/4 Cup
		Milk 1%	3/4 Cup	Milk 1%	3/4 Cup	Milk 1%	3/4 Cup		
October 14, 2024		October 15, 2024		October 16, 2024		October 17, 2024		October 18, 2024	
Turkey & Cheese	2 (2.0 oz.) 1 (.5 oz.)	Chicken Fajita	2.5 oz.	W.G. Pasta w/ Meat Sauce	1/3 Cup 1/4 Cup	BBQ Chicken on a W.G. Hamburger Bun	3 oz. 2 oz.	4" Round Pizza	1(5.35 oz.)
On a W.G. Croissant w/ Honey Mustard Sauce	2.2 oz. 1 pk.	6" W.G. Soft Tortilla	1	W.G. Garlic Texas Toast	1.3 oz.	Potato Puffs	8 (2.4 oz.)	Seasoned Cauliflower	1/4 Cup
Mixed Vegetables	1/4 Cup	Shredded Cheddar Cheese	1 Tbsp.	Shredded Mozzarella	1.5 Tbsp.	Pineapple Tidbits	1/4 Cup	Cherries	1/4 Cup
Sliced Peaches	1/4 Cup	Sweet Corn	1/4 Cup	Romaine and Shredded Carrot Salad	1/2 Cup	Milk 1%	3/4 Cup	Milk 1%	3/4 Cup
Milk 1%	3/4 Cup	Mandarin Oranges	1/4 Cup	Blueberries	1/4 Cup	PUDDING CUP	3 oz.		
		Milk 1%	3/4 Cup	Milk 1%	3/4 Cup				
October 21, 2024		October 22, 2024		October 23, 2024		October 24, 2024		October 25, 2024	
Chicken Patty on a W.G. Hamburger Bun	3.05 oz. 2 oz.	Egg Patty and Cheese on a W.G. Croissant	1.25 oz. .5 oz. 2.2 oz.	5" Round Pizza	1(5.35 oz.)	Meatballs on W.G. Garlic Bread	3 (1 oz.) 1.3 oz.	Breaded Mozzarella Sticks	5 (.84 oz.)
Baked Beans	1/3 Cup	Sweet Carrots	1/4 Cup	Crunchy Broccoli Florets	1/4 Cup	Romaine and Shredded Carrot Salad	1/2 Cup	Marinara Dipping Sauce	1 oz.
Diced Pears	1/4 Cup	Petite Apple	1	Orange Wedges	3 wedges	Sliced Strawberries	1/4 Cup	Cucumbers w/ Dip	3 (1.4 oz.)
Milk 1%	3/4 Cup	Milk 1%	3/4 Cup	Milk 1%	3/4 Cup	Milk 1%	3/4 Cup	Pineapple Tidbits	1/4 Cup
								Milk 1%	3/4 Cup
October 28, 2024		October 29, 2024		October 30, 2024		October 31, 2024			
Cheeseburger on a W.G. Hamburger Bun	(2.5 m/ma) 2 oz.	Cheesy Chicken Nacho's	3 oz.	Grilled Cheese	3 (1.5 oz.)	W.G. Popcorn Chicken	8 (3.2 oz.)		
Baby Carrots w/ Dip	1/4 Cup	W.G. Doritos	1 oz.	On W.G. Bread	2 Slices	Mashed Potatoes	1/4 Cup		
Cherries	1/4 Cup	Sweet Corn	1/4 Cup	Celery Sticks w/ Dip	3 (1.4 oz.)	Petite Apple	1		
Milk 1%	3/4 Cup	Pineapple Tidbits	1/4 Cup	Orange Wedges	3 wedges	Milk 1%	3/4 Cup		
		Milk 1%	3/4 Cup	Milk 1%	3/4 Cup				

LUNCH GUIDELINES AGE 3- 5

Milk 1%, 3/4 Cup
 Meat/Meat Alternative 1.5 oz.
 Vegetable 1/4 Cup
 Fruit 1/4 Cup
 Grains 1 oz
 One (1) serving from all 5 components.

SYLVIE BACCARO
 FOOD SERVICE MANAGER
 610-613-0859

PHILIP RADICK
 ASSISTANT FOOD SERVICE MANAGER
 302-287-1780

AMY DOLLARD
 CAFETERIA MANAGER
 302-268-3202

HEAD START CENTERS:

Avon Grove
 Early Discovery Center
 Gordon
 Kennett Square
 Octorara
 Phoenixville Barkley
 Ridgewood
 TCHS Pickering

DUE TO SUPPLY CHAIN ISSUES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE