

Head Start/PKC Lunch Menu November 2024

Monday	Quantity	Tuesday	Quantity	Wednesday	Quantity	Thursday	Quantity	Friday	Quantity
								November 1, 2024	
								Pizza	1
								Seasoned Peas	1/4 Cup
								Sliced Strawberries	1/4 Cup
								Milk 1%	3/4 Cup
November 4, 2024		November 5, 2024		November 6, 2024		November 7, 2024		November 8, 2024	
W.G. Chicken Nuggets	5 (3 oz.)			W.G. Popcorn Chicken	8 (3.2 oz.)	Cinnamon Swirl		Pizza	1
Macaroni & Cheese	1/2 Cup	NO		Fried Brown Rice	1/4 Cup	W.G. French Toast	2.5 oz.	Cucumbers with Dip	3- 1.4 oz.
Green Beans	1/4 Cup	SCHOOL		Celery Sticks w/ Dip	3 (1.4 oz.)	Yogurt	4 oz.	Diced Pears	1/4 Cup
Sliced Peaches	1/4 Cup			Orange Wedges	3 wedges	Hashbrown	1(2.25 oz.)	Milk 1%	3/4 Cup
Milk 1%	3/4 Cup			Fortune Cookie	1	Blueberries	1/4 Cup		
				Milk 1%	3/4 Cup	Milk 1%	3/4 Cup		
November 11, 2024		November 12, 2024		November 13, 2024		November 14, 2024		November 15, 2024	
Turkey	2 (2.0 oz.)	Chicken Fajita	2.5 oz.	W.G. Pasta	1/3 Cup	BBQ Chicken on	3 oz.	Pizza	1
& Cheese	1 (.5 oz.)	6" W.G. Soft Tortilla	1	w/ Meat Sauce	1/4 Cup	a W.G. Hamburger Bun	2 oz.	Seasoned Cauliflower	1/4 Cup
On a W.G. Croissant	2.2 oz.	Shredded Cheddar Cheese	1 Tbsp.	W.G. Garlic Texas Toast	1.3 oz.	Potato Puffs	8 (2.4 oz.)	Sweet Cherries	1/4 Cup
w/ Honey Mustard Sauce	1 pk.	Sweet Corn	1/4 Cup	Shredded Mozzarella	1.5 Tbsp.	Pineapple Tidbits	1/4 Cup	Milk 1%	3/4 Cup
Mixed Vegetables	1/4 Cup	Mandarin Oranges	1/4 Cup	Romaine and	1/2 Cup	Milk 1%	3/4 Cup		
Sliced Peaches	1/4 Cup	Milk 1%	3/4 Cup	Shredded Carrot Salad		PUDDING CUP	3 oz.		
Milk 1%	3/4 Cup			Blueberries	1/4 Cup				
				Milk 1%	3/4 Cup				
November 18, 2024		November 19, 2024		November 20, 2024		November 21, 2024		November 22, 2024	
Chicken Patty	3.05 oz.	Egg Patty	1.25 oz.	Grilled Cheese	3 (1.5 oz.)	Hot Turkey in Gravy	2 (2.0 oz.)	Pizza	1
on a W.G. Hamburger Bun	2 oz.	and Cheese	.5 oz.	On W.G. Bread	2 Slices	Mashed Potatoes	1/4 Cup	Cucumbers with Dip	3- 1.4 oz.
Baked Beans	1/3 Cup	on a W.G. Croissant	2.2 oz.	Crunchy Broccoli Florets	1/4 Cup	W.G. Cornbread	2 oz.	Pineapple Tidbits	1/4 Cup
Diced Pears	1/4 Cup	Sweet Carrots	1/4 Cup	Mandarin Oranges	1/2	Seasoned Green Beans	1/4 Cup	Milk 1%	3/4 Cup
Milk 1%	3/4 Cup	Petite Apple	1	Milk 1%	3/4 Cup	Blueberries	1/4 Cup		
		Milk 1%	3/4 Cup			Milk 1%	3/4 Cup		
						Pumpkin Pudding	3 oz.		
November 25, 2024		November 26, 2024		November 27, 2024		November 28, 2024		November 29, 2024	
NO		NO		NO		NO		NO	
SCHOOL		SCHOOL		SCHOOL		SCHOOL		SCHOOL	

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 .5 oz
 One (1) serving from all 5 components.

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HEAD START CENTERS:

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

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

November 14, 2024, MONTHLY HAPPY BIRTHDAY CELEBRATION!

Add Pudding Cup (3 oz.) to Lunch