


Head Start PKC Lunch September 2024

Monday	Quantity	Tuesday	Quantity	Wednesday	Quantity	Thursday	Quantity	Friday	Quantity
September 2, 2024 No School		September 3, 2024 Cheesy Chicken W.G. Doritos Sweet Corn Pineapple Tidbits Milk 1%	3 oz. 1 oz. 1/4 Cup 1/4 Cup 3/4 Cup	September 4, 2024 Grilled Cheese On W.G. Bread Celery Sticks w/ Dip Orange Wedges Milk 1%	3-1.5 oz. 2 Slices 3-1.4 oz. 3 wedges 3/4 Cup	September 5, 2024 Popcom Chicken, wg Mashed Potatoes Petite Apple Milk 1%	8-3.2 oz. 1/4 Cup 1 3/4 Cup	September 6, 2024 Pizza Slice Cr. Broccoli Florets Sliced Strawberries Milk 1%	1-4.8 oz. 1/4 Cup 1/4 Cup 3/4 Cup
September 9, 2024 W.G. Chicken Nuggets Macaroni & Cheese Green Beans Sliced Peaches Milk 1%	5- 3 oz. 1/2 Cup 1/4 Cup 1/4 Cup 3/4 Cup	September 10, 2024 Turkey Soft Taco 6" W.G. Soft Tortilla Shredded Cheddar Cheese Pinto Beans Pineapple Tidbits Milk 1%	3 oz. 1 1 Tbsp. 1/4 Cup 1/4 Cup 3/4 Cup	September 11, 2024 Popcom Chicken, wg Fried Brown Rice Celery Sticks w/ Dip Orange Wedges Fortune Cookie Milk 1%	8-3.2 oz. 1/4 Cup 3-1.4 oz. 3 wedges 1 3/4 Cup	September 12, 2024 Cinnamon Swirl W.G. French Toast Yogurt Hashbrown Blueberries Milk 1%	2.5 oz. 4 oz. 1-2.25 oz 1/4 Cup 3/4 Cup	September 13, 2024 Br. Mozzarella Sticks Marinara Sauce Cucumbers w/ Dip Diced Pears Milk 1%	5- .84 oz. 1 oz. 3-1.4 oz. 1/4 Cup 3/4 Cup
September 16, 2024 Turkey & Cheese W.G. Croissant Honey Mustard Sauce Mixed Vegetables Sliced Peaches Milk 1%	2-2.0 oz. 1-.5 oz. 2.2 oz. 1 pk. 1/4 Cup 1/4 Cup 3/4 Cup	September 17, 2024 Chicken Fajita 6" W.G. Soft Tortilla Shr. Cheddar Cheese Sweet Corn Mandarin Oranges Milk 1%	2.5 oz. 1 1 Tbsp. 1/4 Cup 1/4 Cup 3/4 Cup	September 18, 2024 W.G. Pasta w/ Meat Sauce W.G. Texas Toast Shredded Mozzarella Romaine and Shr. Carrot Salad Blueberries Milk 1%	1/3 Cup 1/4 Cup 1.3 oz. 1.5 Tbsp. 1/2 Cup 1/4 Cup 3/4 Cup	September 19, 2024 BBQ Chicken on W.G. Hamburger Bun Potato Puffs Pineapple Tidbits Milk 1% PUDDING CUP	3 oz. 2 oz. 8-2.4 oz. 1/4 Cup 3/4 Cup 3 oz.	September 20, 2024 No School	
September 23, 2024 Chicken Patty W.G. Hamburger Bun Baked Beans Diced Pears Milk 1%	3.05 oz. 2 oz. 1/3 Cup 1/4 Cup 3/4 Cup	September 24, 2024 Egg Patty and Cheese W.G. Croissant Sweet Carrots Petite Apple Milk 1%	1.25 oz. .5 oz. 2.2 oz. 1/4 Cup 1 3/4 Cup	September 25, 2024 5" Round Pizza Cr. Broccoli Florets Orange Wedges Milk 1%	1-5.35 oz. 1/4 Cup 3 wedges 3/4 Cup	September 26, 2024 Meatballs W.G. Garlic Bread Romaine and Shr. Carrot Salad Sliced Strawberries Milk 1%	3-1 oz. 1.3 oz. 1/2 Cup 1/4 Cup 3/4 Cup	September 27, 2024 Br. Mozzarella Sticks Marinara Sauce Cucumbers w/ Dip Pineapple Tidbits Milk 1%	5- .84 oz. 1 oz. 3- 1.4 oz. 1/4 Cup 3/4 Cup
September 30, 2024 Cheeseburger W.G. Hamburger Bun Sweet Carrots Cherries Milk	1 1/4 cup 1/4 Cup 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 .5 oz. equivalent
- One (1) serving from all 5 components.

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HEAD START CENTERS:

- Avon Grove
- Early Discovery Center
- Gordon
- Kennett Square
- Octorara
- TCHS Pickering
- Octorara
- West Chester

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