



Jamestown Area School District Head Start Lunch Menu





Lunch includes: Entrée (Grain & Meat/Meat Alt), Veg, Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

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Monday	Tuesday	Wednesday	Thursday	Friday
1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
	General Tso Chicken	Meatball & Marinara	Cheeseburger	Stuffed Crust
No School	WG Rice Pilaf	on Hoagie Bun	on WG Bun	Cheese Pizza
S. C.	Oriental Vegetables	Mozzarella Cheese	Lettuce Leaf, Tomato, Pickle	Baked French Fries
	Chilled Pineapple	Baked French Fries	Tater Tots	Garden Salad
	Sweet & Sour Dip	Garden Salad	Baked Beans	Fruit Variety
		Applesauce	Mandarin Oranges	
8-Dec	9-Dec	10-Dec	11-Dec	12-Dec
Chicken Tenders	Walking Taco	Turkey, Bacon & Cheese	Chicken Parm Sandwich	Pepperoni Pizza
Pretzel Rod	Turkey Taco Meat	Wedge with Chipotle Ranch	On WG Bun	Baked Smile Fries
Au Gratin Potato	Refried Beans, Shredded Cheese	Lettuce, Tomato, Pickle	(Breaded Chicken Patty	Garden Salad
Garden Salad	Lettuce, Tomato, Olives	Potato Chips	topping with Marinara	Fruit Variety
Diced Pears	Garden Salad	Applesauce	& Mozzarella Cheese)	
BBQ Dip	Salsa & Sour Cream		Baked French Fries	*
·	Sliced Peaches		Mandarin Oranges	
15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
Nacho Supreme	Macaroni & Cheese	Chicken Popper Bowl	Breaded Chick-Filet	Max Cheese Sticks
Turkey Taco Meat	Garlic Bread Sticks	Dinner Roll	on WG Bun	Marinara Dip
Rice Pilaf	Garden Salad	Mashed Potato & Gravy	Waffle Fries	BBQ Sidewinders
Refried Beans	Sliced Peaches	Steamed Corn	Lettuce, Tomato, Pickle	Garden Salad
Lettuce, Tomato, Olives,		Applesauce	Mandarin Oranges	Fruit Variety
Salsa, Sour Cream			Ç	,
Diced Pears				
22-Dec	23-Dec	24-Dec	25-Dec	26-Dec
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29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
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This institution is an equal opportunity provider.

Daily Fruit: Apples, Bananas, Oranges, Canned Fruit

<u>Daily Vegetables:</u> Carrot Sticks, Sliced Vegetables, Lentil Salad Variety, Garden Salad

Milk: 1% milk offered with every meal Menu is subject to change related to food availability.

Please Note: This menu meets qualifications per CACFP guidelines.