

Dorchester School District 4  
007 - HEAD START

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 2 HOLIDAY	Apr - 3 HOLIDAY	Apr - 4 HOLIDAY	Apr - 5 HOLIDAY	Apr - 6 HOLIDAY
Apr - 9 CHICKEN NUGGETS BREADE ROLL,HONEY WHEAT RANCH PEAS & CARROTS 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK	Apr - 10 HAMBURGER STEAK IN GRAV WHIPPED POTATOES CARROTS FRUIT,FRESH ASSORTED MILK	Apr - 11 BEEF A RONI LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK	Apr - 12 CHICKEN FILLET ON BUN LETTUCE & TOMATO SUCCOTASH KETCUP/HEINZ/LOW SODIUM MILK FRUIT,FRESH ASSORTED	Apr - 13 PIZZA, CHEESE/THE MAX MARINATED FRESH VEGETAB ROSY APPLESAUCE MILK
Apr - 16 MANDARIN ORANGE CHICKE ASIAN STIR FRIED RICE TURNIP GREENS MILK FRUIT,FRESH ASSORTED	Apr - 17 SPAGHETTI SAUCE W/ MEAT CORN,CANNED ROLL,HONEY WHEAT RANCH MILK	Apr - 18 CHEESEBURGE MEATLOAF LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK	Apr - 19 MACARONI AND CHEESE FRUIT CUP, CANNED & FRES MILK GREEN BEANS, SEASONED	Apr - 20 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN MILK FRUIT,FRESH ASSORTED
Apr - 23 CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS FRUIT,FRESH ASSORTED KETCUP/HEINZ/LOW SODIUM MILK	Apr - 24 SPAGHETTI SAUCE W/ MEAT BREADSTICKS, WHOLE WHEA CALIFORNIA BLEND FRUIT,FRESH ASSORTED MILK	Apr - 25 CHICKEN PARMESAN W/SPAG WHIPPED POTATOES COOKED COLLARDS CHILLED PINEAPPLE TIDBIT MILK	Apr - 26 VEGETABLE SOUP W/ BEEF CHEDDAR GOLDFISH CRACKE PEARS MILK STRING CHEESE, MOZZAREL	Apr - 27 PIZZA, CHEESE/THE MAX MARINATED FRESH VEGETAB ROSY APPLESAUCE MILK
Apr - 30 CHICKEN NOODLE SOUP FOR CHEDDAR GOLDFISH CRACKE SAVORY PEAS 100% FRUIT JUICE CHILLED PINEAPPLE TIDBIT MILK				

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**