

Dorchester School District 4
007 - HEAD START

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 HAMBURGER STEAK IN GRAV WHIPPED POTATOES CARROTS FRUIT,FRESH ASSORTED MILK	Dec - 4 BEEF A RONI LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK	Dec - 5 Bag Lunch MILK FRUIT,FRESH ASSORTED	Dec - 6 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN MILK FRUIT,FRESH ASSORTED	Dec - 7 CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS FRUIT,FRESH ASSORTED KETCUP/HEINZ/LOW SODIUM MILK
Dec - 10 SPAGHETTI SAUCE W/ MEAT CORN,CANNED ROLL,HONEY WHEAT RANCH MILK	Dec - 11 MANDARIN ORANGE CHICKE ASIAN STIR FRIED RICE TURNIP GREENS MILK FRUIT,FRESH ASSORTED	Dec - 12 HAMBURGER ON WHOLE WH BAKED BEANS, BUSH'S FRENCH FRIES LETTUCE & TOMATO CHILLED PEACHES MUSTARD KETCUP/HEINZ/LOW SODIUM MILK	Dec - 13 ROASTED TURKEY HAM BUFFET/PURCHASED BROWN GRAVY WHIPPED POTATOES YAMS, PATTIE CANDIED WHEAT ROLL/PARKERHOUSE CRANBERRY SAUCE FRUIT CUP, CANNED & FRES 100% FRUIT JUICE MILK WHOLE WHEAT SUGAR COOK	Dec - 14 CHICKEN STIR FRY SQUASH,SUMMER 100% FRUIT JUICE MILK BROWN RICE, UNCLE BEN'S FRUIT,FRESH ASSORTED
Dec - 17 MANAGER'S CHOICE	Dec - 18 MANAGER'S CHOICE	Dec - 19 MANAGER'S CHOICE	Dec - 20 MANAGER'S CHOICE	Dec - 21 MANAGER'S CHOICE
Dec - 24 CHRISTMAS HOLIDAY BREAK	Dec - 25 CHRISTMAS HOLIDAY BREAK	Dec - 26 CHRISTMAS HOLIDAY BREAK	Dec - 27 CHRISTMAS HOLIDAY BREAK	Dec - 28 CHRISTMAS HOLIDAY BREAK
Dec - 31 CHRISTMAS HOLIDAY BREAK				

**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.