




WILMINGTON HEAD START, INC.

WWW.WILMH.S.ORG

MENU MAY, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Milk 3/4 cup Vanilla Yogurt ¼ cup WGR graham crackers ½ oz ½ Kiwi</p> <p>Milk 3/4 cup WGR cheese stuffed shells with Alfredo sauce 1½ oz Broccoli ¼ cup WGR Dinner Roll ½ Apple</p>	<p>2 Milk 3/4 cup 100% WGR Blueberry Muffins ½ oz Raspberries ½ cup</p> <p>Milk 3/4 cup Beef Meatball Sub 1½ oz Marinara Sauce WGR hoagie Roll ½ oz Tossed salad ¼ cup Dressing Blackberries ¼ cup</p>
<p>5 Milk 3/4 cup WGR English muffin w/ Fruit jelly ½ oz Apple sauce cup</p> <p>Milk 3/4 cup BBQ chicken 1½ oz WGR dinner roll ½ oz Green beans ¼ cup Raspberries ¼ cup</p>	<p>6 Milk 3/4 cup WGR Chex cereal ½ cup ½ Pear</p> <p>Milk 3/4 cup Cheese ravioli & Meat Sauce 1½ oz 100% WGR roll ½ oz Mixed Vegetables ¼ cup Grapefruit ¼ cup</p>	<p>7 Milk 3/4 cup Confetti egg Taco ½ oz WGR Tortilla</p> <p>Milk 3/4 cup Roasted Turkey & cheese sandwich 1½ oz Macaroni Salad ¼ cup WGR bread ½ oz ½ Tangerine</p>	<p>8 Milk 3/4 cup WGR cheerios ½ cup Plum</p> <p>Milk 3/4 cup Chicken Stir fry with vegetables 1½ oz WGR rice ¼ cup Diced pineapple ¼ cup</p>	<p>9 Milk 3/4 cup WGR corn muffin ½ oz 100% grape juice ½ cup</p> <p>Milk 3/4 cup Mozzarella Sticks 1½ oz Tossed Salad ¼ cup WGR roll ½ oz Dressing ½ Apple</p>
<p>12 Milk 3/4 cup Rice Krispies ½ cup Mandarin oranges cup</p> <p>Milk 3/4 cup Sloppy Joe 1½ oz 100% WGR bun ½ oz Corn ¼ cup Strawberries ¼ cup</p>	<p>13 Milk 3/4 cup WGR Kix ¾ cup 100% White grape juice ½ cup</p> <p>Milk 3/4 cup WGR Mac & Cheese 1½ oz WGR roll ½ oz Stew Tomatoes ¼ cup Mixed fruit cup</p>	<p>14 Milk 3/4 cup Potato Hash Brown Patty ½ cup Turkey Sausage ½ oz</p> <p>Milk 3/4 cup Chicken Breast & cheese sandwich 1½ oz WGR bread ½ oz Celery sticks ¼ cup ½ Orange</p>	<p>15 Milk 3/4 cup 100% WGR bagel ½ oz Cream cheese 1/8 cup Applesauce cup</p> <p>Milk 3/4 cup Chicken Caesar salad 1½ oz WGR croutons Parmesan cheese 1/8 cup WGR roll ½ oz Plum</p>	<p>16</p> 
<p>19 Milk 3/4 cup Rice Krispies ½ cup ½ orange</p> <p>Milk 3/4 cup WGR Lasagna roll with Marinara sauce 1½ oz WGR roll ½ oz Green beans ¼ cup Blueberries ¼ cup</p>	<p>20 Milk 3/4 cup Yogurt ¼ cup WGR granola ½ oz Diced pear cup</p> <p>Milk 3/4 cup Roast beef w/gravy 1½ oz WGR roll ½ oz Mashed potatoes ¼ cup Strawberries ¼ cup</p>	<p>21 Milk 3/4 cup WGR baked Biscuit ½ oz Beef Sausage patty ½ oz Grapes ½ cup</p> <p>Milk 3/4 cup Turkey ham & Cheese sandwich 1½ oz WGR bread ½ oz Macaroni Salad ¼ cup</p>	<p>22 Milk 3/4 cup Cinnamon raisin WGR bagel ½ oz Cream cheese 1/8 cup ½ Kiwi</p> <p>Milk 3/4 cup Chicken Nacho's 1½ oz Shredded lettuce and cheese ¼ cup Corn Salsa ¼ cup WGR Tortilla chips</p>	<p>23</p> 

		Peach	Raspberries ¼ cup	
26 CLOSED 	27 Milk ¾ cup Cheese stick WGR crackers ½ oz Mixed fruit cup Milk ¾ cup Turkey meatballs with gravy 1½ oz Brussell Sprouts ¼ cup WGR Dinner roll ½ oz Plum ¼ cup	28 Milk ¾ cup 100% WGR Blueberry Filled Pancakes ½ oz Strawberries ¼ cup Syrup Milk ¾ cup Chicken Salad 1½ oz Carrot Sticks ¼ cup WGR hoagie roll ½ oz Mustard/mayo Melon ¼ cup	29 Milk ¾ cup WGR Raisin Bran ½ oz Mixed fruit cup Milk ¾ cup WGR spaghetti with meat tomato sauce 1½ oz Tossed salad ¼ cup Salad dressing WGR roll ½ oz Grapes ¼ cup	30 Milk ¾ cup WGR English muffin ½ oz Avocado ½ cup 100 % orange Juice Milk ¾ cup Honey bbq chicken 1½ oz Peas ¼ cup Rice Pilaf (enriched long grain) ½ oz ½ Apple

MENU SUBJECT TO CHANGES WITHOUT NOTICE

WGR= Whole Grain Rich