

At least one serving of whole wheat or whole grain are served daily. All breakfasts and lunches are served with 1% milk. All juices are 100%.



Menus are subject to change, without notice, due to product availability.

DECEMBER 2018 HEAD START MENU

5a5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Egg Patty Tortilla Orange Juice Hamb. Stroganoff Green Beans Fruit Cocktail Cottage Cheese Peaches	4 Waffle Sticks Strawberries Chicken & Rice Peas Tropical Fruit Animal Crackers Apple Juice	5 Oatmeal Blueberries Lasagna Tossed Salad Garlic Bread Pineapple Early Dismissal 12:30	6 Breakfast Burrito Applesauce Ham & Bean Soup Oyster Crackers Cheese Stick Cornbread Pears PBJ Milk	7 Cereal Peaches Hot Dog French Fries Mandarin Oranges Tortilla Chips Salsa Milk	8
9	10 Omelet Mandarin Oranges Ham Sandwich Broccoli & Cheese Soup Tropical Fruit Pretzels Pineapple	11 French Toast Applesauce Sloppy Joe Potato Wedges Fruit Cocktail Celery w/cream cheese Wheat Crackers	12 Pancakes Peaches Mexican Casserole Corn Cinnamon Apples Early Dismissal 12:30	13 Bagel w/peanut butter Apple Juice Turkey Mashed Potatoes Gravy Cherries Dinner Roll Goldfish Milk	14 Yogurt Strawberries Chicken Strips Baked Beans Pears Bread Graham Crackers Pears	15
16	17 Pigs in a Blanket Pineapple Chicken & Noodles Peas & Carrots Tropical Fruit Cereal Milk	18 Tortilla Peanut Butter Banana Swedish Meatballs Mashed Potatoes Apricots Bread Trail Mix Apple Juice	19 Oatmeal Peaches Spaghetti Tossed Salad Pears Early Dismissal 12:30	20 English Muffin Applesauce Chili Oyster Crackers French Fries Shredded Cheddar Apples Corn Chips Milk	21 Cereal Blueberries Fish Sticks Tater Tots Fruit Cocktail Bread Teddy Grahams Raisins	22
23	24 WINTER BREAK NO SCHOOL ☺ DECEMBER 24TH- JANUARY 7TH SCHOOL RESUMES JANUARY 8TH 2019	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29
30	31 WINTER BREAK NO SCHOOL ☺	1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5
			HAPPY HOLIDAYS!			