



**Think
Spring!**

All breakfasts and lunches are served with 1% milk. Whole wheat or whole grain is served a minimum of once daily
All juice is 100%. Menus are subject to change, without notice, due to product availability.

March 2019 Head Start Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST			27 English Muffin Applesauce	28 Waffle Sticks Strawberries	1 Yogurt Blueberries	2
LUNCH			Swedish Meatballs Noodles Broccoli Pineapple	Tater Tot Casserole Peas Peaches	Corn Dog Baked Beans Tropical Fruit	
PM SNACK			Early Dismissal 12:30	Teddy Grahams Fruit Cocktail	Corn Chips Milk	
3	4 Pigs in a Blanket Applesauce Green Eggs & Ham Hash Browns Tortilla Mandarin Oranges Cottage Cheese Peaches	5 French Toast Sticks Cinnamon Apples English Muffin Pizza Tossed Salad Fruit Cocktail Banana Milk	6 Oatmeal Blueberries Chili Oyster Crackers Shredded Cheese French Fries Sliced Apples Early Dismissal 12:30	7 Bagel/crm cheese Pears Tuna & Noodles Peas Cherries Pretzels Grape Juice	8 Cereal Peaches Chicken Strips Fresh Vegies w/dip Tropical Fruit Bread Yogurt Granola	9
10 <i>Spring Forward Move your clocks ahead one hour.</i> ☺	11 Breakfast Burrito Pineapple Teriyaki Chicken Brown Rice California Blend Fruit Cocktail Goldfish Apple Juice	12 Tortilla/p.butter Banana BBQ Pulled Pork Sandwich Potato Wedges Peaches Tortilla Chips Salsa Milk	13 English Muffin Applesauce Some More Casserole Green Beans Apricots Early Dismissal 12:30	14 Yogurt Strawberries Lasagna Rolls Corn Pears Graham Crackers Pineapple	15 Cereal Blueberries Beef Fingers Hash Browns Mandarin Oranges Bread Pretzels Milk	16
17	25 Omelet Hash Browns Chicken & Rice Broccoli Tropical Fruit Trail Mix Milk	19 Blueberry Muffin Apple Juice Soft Shell Tacos/ WW tortilla, meat, cheese, lettuce, salsa, sour cream Black Beans Cinnamon Apples Cheese Crackers	20 Oatmeal Raisins Tater Tot Casserole Peas & Carrots Pears Dinner Roll Early Dismissal 12:30	21 French Toast Sticks Peaches Macaroni & Cheese Green Beans Fruit Cocktail Tortilla/peanut butter Applesauce	22 Cereal Blueberries Fish Sticks Baked Beans Mandarin Oranges Bread Cheese Stick Sliced Apples	23
24	25 Breakfast Pizza Pears Ham Sweet Potato Fries Spiced Peaches Cereal Milk	26 Bagel/peanut butter Applesauce Meatballs Garlic Bread Tossed Salad Fruit Cocktail Vegie Pizza	27 Waffle Sticks Strawberries Hamburger Stroganoff Broccoli Sliced Apples Early Dismissal 12:30	28 Pancakes Pineapple Chicken Enchilada Casserole Corn Mandarin Oranges Pretzels Apple Juice	29 Yogurt Tropical Fruit Hot Dog French Fries Cantaloupe Animal Crackers Milk	30