

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



## APRIL 2019 HEAD START MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>	1 Breakfast Burrito Mandarin Oranges	2 English Muffin Peanut Butter Applesauce	3 French Toast Pears	4 Yogurt Tropical Fruit	5 Cereal Blueberries	6
<b>LUNCH</b>	Chicken & Rice Broccoli Fruit Cocktail	Soft Shell Taco: Tortilla, meat, cheese, lettuce, sour cream, salsa Black Beans Cinnamon Apples	Ham & Scalloped Potatoes Green Beans Pineapple Bread	Goulash Corn Apples	Egg & Cheese Sand on bun Hash Browns Honey Dew Melon	
<b>PM SNACK</b>	Cottage Cheese Peaches	Goldfish Milk	Early Dismissal 12:30	Tortilla Chips Salsa Milk	Graham Crackers Apple Juice	
7	8 Pigs in a Blanket Applesauce	9 Week of the Young Child Breakfast	10 Oatmeal Raisins	11 Waffle Sticks Strawberries	12 Yogurt Peaches	13
<b>WEEK OF THE YOUNG CHILD APRIL 8<sup>TH</sup>-12<sup>TH</sup></b>	Mac n Cheese California Blend Fruit Cocktail	Corndog Baked Beans Mandarin Oranges	Tater Tot Casserole Peas & Carrots Pears Bread	Turkey Mashed Potatoes Gravy Cherries Dinner Roll	Tuna & Noodles Green Beans Tropical Fruit	
	Peaches Milk	Celery/peanut butter Wheat Crackers	Early Dismissal 12:30	Animal Crackers Pineapple	Cereal Milk	
14	15 Omelet Hash Browns	16 Tortilla/peanut butter Pears	17 French Toast Pineapple	18 Bagel/cream cheese Applesauce	19 Cereal Raisins	20
	Swedish Meatballs Brown Rice Broccoli Fruit Cocktail	Sloppy Joe Potato Wedges Cantaloupe	Scrambled Eggs w/ham & cheese Hash Browns Orange Slices Biscuit	Chicken Strips Green Beans Mandarin Oranges Bread	Cheese Sandwich Tomato Soup Oyster Crackers Carrots & Celery w/dip Pears	
	Trail Mix Milk	Corn Chips Grape Juice	Early Dismissal 12:30	Peaches Milk	Pretzels Cheese Stick	
21	22 Yogurt Mandarin Oranges	23 Waffle Sticks Strawberries	24 Oatmeal Peaches	25 Pancakes Applesauce	26 Cereal Blueberries	27
	Chicken & Noodles Carrots Pears	Ham & Cheese Roll-up Baked Beans Tropical Fruit	Mexican Casserole Corn Cinnamon Apples	Some More Casserole Green Beans Apricots	Hamburger French Fries Oranges	
	Cottage Cheese Fruit Cocktail	Veggie Pizza	Early Dismissal 12:30	Tortilla Chips Salsa Milk	Teddy Grahams Yogurt	
28	29 Breakfast Pizza Pineapple	30 Bagel /cream cheese Apricots				
	Spaghetti Green Beans Pears	Pulled Pork Sandwich Potato Wedges Tropical Fruit				
	Goldfish Milk	Animal Crackers Apple Juice				