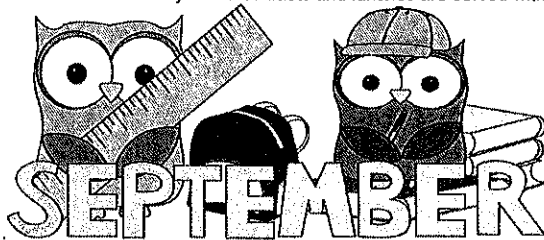


Whole grain or whole wheat is served a minimum of once a day. All breakfasts and lunches are served with 1% milk. All Juices are 100%. Menus are subject to change



without notice due to product availability.

## HEAD START MENU SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Omelet Hash Browns	1 Pancakes Applesauce	2 Waffle Sticks Strawberries	3 Cereal Fruit	4 NO SCHOOL	5
BREAKFAST						
LUNCH	Chicken & Rice Green Beans Fruit	Tater Tot Casserole Green Beans Fruit Bread	Spaghetti Corn Fruit	Ham & Cheese Sandwich Carrots w/dlp Fruit		
P.M. SNACK	Bagel/peanut butter	PBJ Fruit	Animal Crackers Fruit	Corn Chips Grape Juice		
6	7 LABOR DAY NO SCHOOL	8 Pigs in a Blanket Applesauce	9 Yogurt Fruit	10 Bagel/cream cheese Fruit	11 Cereal Fruit	12
		Hamburger French Fries Fruit	Ham & Scalloped Potatoes Broccoli Fruit	Hamburger Stroganoff Green Beans Fruit	Corn Dog Baked Beans Fruit	
		Pretzels Fruit	Goldfish Celery	Teddy Grahams Fruit	Trail Mix Raisins	
13	14 Egg Patty Sausage	15 Yogurt Fruit	16 Cereal Fruit	17 French Toast Sticks Fruit	18 Cereal Fruit	19
	S'more Casserole Broccoli & Carrots Fruit	Chicken & Noodles Peas Fruit	Swedish Meatballs Green Beans Fruit	Scrambled Eggs Hash Browns Fruit Blueberry Muffin	Fish Sticks French Fries Fruit Bread	
	Corn Chips Grape Juice	Apples Peanut Butter	Animal Crackers Banana	Graham Crackers Applesauce	Popcorn Raisins	