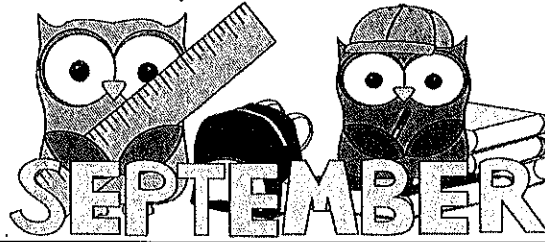


Whole grain or whole wheat is served a minimum of once a day. All breakfasts and lunches are served with 1% milk. All juices are 100%. Menus are subject to change.



Without notice due to product availability.

## HEAD START MENU SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
BREAKFAST		Breakfast Burrito Applesauce	English Muffin Pears	Pancakes Blueberries	Cereal Raisins	
LUNCH	<i>Labor Day No School</i> ☺	Chicken & Rice Broccoli Mandarin Oranges	Hamburger Stroganoff Green Beans Fruit Cocktail	Ham Carrots Pineapple Dinner Roll	Fish Sticks French Fries Tropical Fruit Bread	
P.M. SNACK		Tortilla Peanut Butter Milk	Early Dismissal 12:15	Pretzels Cheese Stick	Cottage Cheese Peaches	
8	9	10	11	12	13	14
	Egg & Cheese Omelet Hash Browns	French Toast Applesauce	Yogurt Strawberries	Bagel Cream Cheese Apricots	Cereal Blueberries	
	Chicken & Noodles Peas Fruit Cocktail	Breaded Pork Patty on a Bun Potato Wedges Tropical Fruit	Mexican Casserole Corn Cinnamon Apples	Egg Patty Hash Browns Tortilla Yogurt Mandarin Oranges	Lasagna Rolls Green Beans Pears	
	Tortilla Chips Salsa Milk	Trail Mix Grape Juice	Early Dismissal 12:15	Cheese Crackers	Peaches Milk	
15	16	17	18	19	20	21
	Breakfast Pizza Orange Slices	Waffle Sticks Strawberries	Pancakes Pears	English Muffin Applesauce	Cereal Peaches	
	Swedish Meatballs Brown Rice Peas Fruit Cocktail	Ham & Cheese Sandwich Tater Tots Pineapple	Some More Casserole California Blend Mandarin Oranges	Chili Crackers French Fries Shredded Cheese Cinnamon Apples	Hot Dog Baked Beans Tropical Fruit	
	Yogurt Granola	Goldfish Milk	Early Dismissal 12:15	Celery Peanut Butter	Corn Chips Milk	
22	23	24	25	26	27	28
	Yogurt Fruit Cocktail	French Toast Pineapple	Oatmeal Raisins	Tortilla Peanut Butter Applesauce	Cereal Blueberries	
	Tater Tot Casserole Peas & Carrots Pears Bread	Baked Ziti Corn Mandarin Oranges	Turkey Mashed Potatoes Gravy Cherries	Tuna & Noodles Green Beans Tropical Fruit	Beef Fingers Potato Wedges Orange Slices Bread	
	Cottage Cheese Peaches	Cheese Stick Wheat Thins	Early Dismissal 12:15	Bagel Cream Cheese Pineapple	Baby Carrots Hummus Milk	
29	30					
	Egg Patty Hash Browns					
	Hamburger French Fries Apple Slices					
	Tortilla Chips Salsa Milk					