

Whole grain and whole wheat are used whenever possible for bread, pasta, tortillas, etc. All breakfasts and lunches are served with 1% milk. All juices are 100%.



Menus are subject to change without notice due to the availability of certain food items.

HEAD START MENU September 21st-October 2nd, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	21 Sausage Hash Browns Blueberries	22 Pancakes Applesauce	23 Cereal Pears	24 Bagel/cream cheese Apricots	25 Cereal Blueberries	26
LUNCH	Turkey, Ham & Cheese Wrap Baby Carrots w/dip	Cheesy Ham & Rice Casserole Carrots Pineapple	Shepherd's Pie Green Beans Peaches Bread	Chili Crackers Celery Sticks Cheese Stick Cinnamon Apples	Chicken Nuggets Tater Tots Fruit Cocktail Bread	
P.M. SNACK	Chips Pineapple Goldfish Apple Juice	Pretzels Apples	Corn Chips Cuties	Boiled Egg Wheat Crackers	Teddy Grahams Applesauce	
27	28 Yogurt Blueberries Sweet n Sour Chicken Brown Rice Broccoli Mandarin Oranges Trail Mix Craisins	29 Waffle Sticks Strawberries Ham & Noodle Casserole Green Beans Tropical Fruit Animal Crackers Banana	30 Oatmeal Raisins Spanish Rice Refried Beans Pears Tortilla Peanut Butter Apple Juice	1 Cereal Peaches Hot Dog Cheese Stick Hash Browns Fruit Cocktail Doritos Cuties	2 French Toast Applesauce Taqitos Corn Cinnamon Apples Goldfish Grape Juice	