

Head Start May 2017

Menu Subject to Change.

Menus created by Evelyn Klironomos, RD, LD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Head Start staff must check with school manager and/or school staff for correct portion sizes for items. For example, how many chicken nuggets, cheese sticks, etc. are to be served to count as 1 serving, what size scoop or spoodle is to be used for serving spaghetti?				
	Yellow highlighted menu items indicate that these menu items differ from menu items offered at the feeder school. All our bread products are whole grain rich! ☺	Note: Some schools may have a non-pork version of items that have the pork symbol listed. If this is the case, the manager will let the site know. Menu Subject to change.	Milk: 1% White milk offered at breakfast and lunch daily. <i>When juice is listed, the feeder school will choose 1 flavor to send to the site(s).</i>	
1 Breakfast: Pancake Sandwich or Mini Maple Pancakes 🌿, ½ c Pears Entrée: Cheese Sticks w/ Marinara 🌿 Sides: ¼ c Green Beans & ½ c Strawberry Cup	2 Breakfast: Chicken Biscuit, small Fresh Fruit Entrée: Taco w/ Cheese & Salsa 🐷 Sides: ¼ c Cheesy Beans & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	3 Early Release Day Breakfast: Cheerios 🌿, ½ c Peaches Entrée: Mini Corndogs 🦃 Sides: ¼ c Broccoli & small Fresh Fruit	4 Breakfast: Breakfast Pizza 🌿, Juice Entrée: Chicken & Waffles Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Pears	5 Breakfast: 2 French Toast Sticks 🌿, small Fresh Fruit Entrée: Cheese Pizza 🌿 Sides: ¼ c Corn & small Fresh Fruit
8 Breakfast: Breakfast Rolled Taco 🦃, ½ c Peaches Entrée: Chicken Nuggets w/ a 2 oz. Roll Sides: ¼ c Baked Beans & small Fresh Fruit	9 Breakfast: Yogurt w/ Granola 🌿, ½ c Applesauce Entrée: Cheesy Filled Bread Stick w/ Marinara Sides: ¼ c Corn & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	10 Breakfast: Pancake Sausage Wrap, 🐷 ½ c Pineapple Entrée: Ravioli w/ a 2 oz. Roll Sides: ¼ c Fresh Carrots & ¼ c Applesauce (or ½ c Applesauce Cup)	11 Breakfast: Cheerios 🌿, Small Fresh Fruit Entrée: Chicken Patty Minis or Chicken Sandwich Sides: ¼ c Broccoli & small Fresh Fruit	12 Breakfast: 2 French Toast Sticks 🌿, small Fresh Fruit Entrée: Cheese Pizza 🌿 Sides: ¼ c JoJo Wedges & Peaches
15 Breakfast: Pancake Sandwich or Mini Maple Pancakes 🌿, ½ c Pears Entrée: Chicken Nuggets w/ a Cinnamon Roll Sides: ½ c Tossed Salad & ½ c Strawberry Cup	16 Breakfast: Chicken Biscuit, small Fresh Fruit Entrée: Hamburger Sides: ¼ c Potato Wedges & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	17 Breakfast: Cheerios 🌿, ½ c Peaches Entrée: Cheese Calzonette w/ Marinara 🌿 Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Applesauce (or ½ c Applesauce Cup)	18 Breakfast: 1 Sausage Fundle 🐷, Juice Entrée: Hot Dog 🐷 or 🦃, (non-pork offer cheese sandwich) Sides: ¼ c Baked Beans & small Fresh Fruit	19 Breakfast: 2 French Toast Sticks 🌿, small Fresh Fruit Entrée: Cheese Pizza 🌿 Sides: ¼ c Broccoli w/ Cheese & small Fresh Fruit
22 Breakfast: Breakfast Rolled Taco 🦃, ½ c Peaches Entrée: Manager's Choice Sides: ¼ c Broccoli & ¼ c Pineapple	23 Breakfast: Yogurt w/ Granola 🌿, ½ c Applesauce Entrée: Manager's Choice Sides: ¼ c Cheesy Beans & small Fresh Fruit	24 Breakfast: Pancake Sausage Wrap, 🐷 ½ c Pineapple Entrée: Manager's Choice Sides: ¼ c Mashed Potatoes w/ Gravy & small Fresh Fruit	25 Breakfast: Cheerios, 🌿 Small Fresh Fruit Entrée: Manager's Choice Sides: ¼ c Tossed Salad & ¼ c Pears	26 Breakfast: 2 French Toast Sticks 🌿, small Fresh Fruit Entrée: Manager's Choice Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Peaches

School Way Café is an equal opportunity provider and employer.



This symbol indicates that the product is made with Pork.



This symbol indicates that the product is made with Beef.



This symbol indicates that the product is made with Turkey.



This symbol indicates that the item is vegetarian or lacto-vegetarian.