






























# \*Early Head Start November 2017 \*1-2 yr. Old

Menu Subject to Change. Menus created by Evelyn Klironomos, RDN, LD/N

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?				
All our grain & bread products at breakfast & lunch are whole-grain rich.☺	Yellow highlighted menu items indicate that these menu items differ from menu items offered at the feeder school.	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.	Milk: 1% White milk offered at breakfast and lunch daily. When juice is listed, the feeder school will choose 1 flavor to send to the site(s).	*Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.
 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.		1 Early Release Day Breakfast: 1 Pancake Sausage Wrap,  (Non-pork offer cereal), ½ c Pears Entrée: 4 Chicken Fryz w/ 2 oz. Roll Sides: ¼ c Mashed Potatoes w/ Gravy & small Fresh Fruit	2 Breakfast: *Cereal  , small Fresh Fruit Entrée: Rib-B-Q on a Hamburger Bun  (non-pork offer turkey sand.) Sides: ½ c Tossed Salad & ¼ c Pears	3 Breakfast: 2 French Toast Sticks  , small Fresh Fruit Entrée: Cheese Pizza  Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Peaches
6 Breakfast: 1 pkg Mini Maple Pancakes  , ¼ c Pears Entrée: 3 Cheese Sticks w/ Marinara  Sides: ¼ c Green Beans & ½ c Strawberry Cup	7 Breakfast: 1 Chicken Biscuit, small Fresh Fruit Entrée: 1 Taco w/ Cheese & ¼ c Salsa  (Non-pork offer 1 ½ oz chz taco) Sides: ¼ c Cheesy Beans & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	8 Early Release Day Breakfast: *Cereal  , ¼ c Peaches Entrée: 3 Mini Corndogs  Sides: ¼ c Broccoli & small Fresh Fruit	9 Breakfast: Bagel w/ Egg & Cheese  , Juice Entrée: 5 Chicken & Waffle Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Pears	10 
13 Breakfast: Breakfast Taquito  , ¼ c Peaches Entrée: 3 Chicken Nuggets w/ a 2 oz. Roll Sides: ¼ c Baked Beans & small Fresh Fruit	14 Breakfast: 1 Yogurt w/ Granola  , ¼ c Applesauce (or ½ c Applesauce Cup) Entrée: 1 Cheesy Filled Bread Stick w/ Marinara Sides: ¼ c Corn & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	15 Early Release Day Breakfast: Pancake Sausage Wrap,  , ¼ c Pears Entrée: ½ c Baked Spaghetti Sides: ¼ c Cooked Carrots & ¼ c Applesauce (or ½ c Applesauce Cup)	16 Breakfast: *Cereal  , small Fresh Fruit Entrée: Turkey w/ Gravy and Stuffing Sides: ¼ c Mashed Potatoes w/ Gravy & small Fresh Fruit	17 Breakfast: 2 French Toast Sticks  , small Fresh Fruit Entrée: Cheese Pizza  Sides: ¼ c Spiral Fries & ¼ c Peaches
20 Breakfast: 1 pkg Mini Maple Pancakes  , ¼ c Peaches Entrée: 1 Chicken Boat w/ a 2 oz. Roll Sides: ½ c Tossed Salad & ½ c Strawberry Cup	21 Breakfast: 1 Chicken Biscuit, small Fresh Fruit Entrée: 1 Hamburger Sides: ¼ c Spiral Fries & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	Wednesday 22 Thanksgiving Holiday begins		
27 Breakfast: Breakfast Taquito  , ¼ c Peaches Entrée: Asian Orange Chicken w/ ½ c Sweet & Spicy Rice Sides: ¼ c Broccoli & ½ c Strawberry Cup	28 Breakfast: 1 Yogurt w/ Granola  , ¼ c Applesauce Entrée: 1 oz Meat & ½ oz Cheese Nachos, 1 oz chips w/ Salsa  (Non-pork offer 1 ½ oz shredded chz instead of nacho meat or cheese sand.) Sides: ¼ c Cheesy Beans & small Fresh Fruit	29 Early Release Day Breakfast: 1 Pancake Sausage Wrap,  (Non-pork offer cereal), ½ c Pears Entrée: 4 Chicken Fryz w/ 2 oz. Roll Sides: ¼ c Mashed Potatoes w/ Gravy & small Fresh Fruit	30 Breakfast: *Cereal  , small Fresh Fruit Entrée: Rib-B-Q on a Hamburger Bun  (non-pork offer turkey sand.) Sides: ½ c Tossed Salad & ¼ c Pears	

This institution is an equal opportunity provider.

