

Head Start/Early Head Start November 2020

Kelly Urbanik RD, CSP, CNSC, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk: 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. Juice: 100% juice offered for all servings.</p> <p>Condiments: offered as needed. This institution is an equal opportunity provider. Menu Subject to Change.</p>				
	1	2	3	4
	<p>Breakfast: Cheerios, Mandarin Oranges, Milk</p> <p>Entrée: Chicken Nuggets, Mashed Potatoes, Peaches, Milk</p> <p>Snack: Applesauce, Whole Grain Muffin</p>	<p>Breakfast: Sausage Egg & Cheese Biscuit, Pineapples, Milk</p> <p>Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk</p> <p>Snack: ½ Turkey Sandwich on Whole Wheat Bread</p>	<p>Breakfast: Corn Flakes, Cantaloupe, Milk</p> <p>Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk</p> <p>Snack: Fresh Apple Slices, Yogurt Cup</p>	
7	8	9	10	11
<p>Breakfast: Whole Grain Waffle Sticks, Mandarin Oranges, Milk</p> <p>Entrée: Sloppy Joe on Whole Grain Bun, Mixed Vegetables, Peaches, Milk</p> <p>Snack: Hard Boiled Egg, Apricots</p>	<p>Breakfast: Whole Grain English Muffin, Applesauce, Milk</p> <p>Entrée: Barbecue Chicken, Rice, Italian Green Beans, Pears, Milk</p> <p>Snack: Soft Whole Wheat Tortilla, Cheese</p>	<p>Breakfast: Sausage Egg & Cheese Biscuit, Cantaloupe, Milk</p> <p>Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk</p> <p>Snack: Fresh Apple Slices, Yogurt Cup</p>	<p>Breakfast: Blueberry Muffin, Banana, Milk</p> <p>Entrée: Spaghetti w/Meat Sauce, Green Beans, Applesauce, Italian Bread, Milk</p> <p>Snack: Soft Whole Wheat Tortilla, Cheese</p>	
14	15	16	17	18
<p>Breakfast: Whole Grain Waffle Sticks, Peaches, Milk</p> <p>Entrée: Roast Pork, Steamed Carrots, Mixed Fruit, Biscuit, Milk</p> <p>Snack: Whole Grain Fish Crackers, Applesauce</p>	<p>Breakfast: Blueberry Muffin, Pears, Milk</p> <p>Entrée: Turkey Sandwich, Whole Wheat Bread, Oven Fries, Pears, Milk</p> <p>Snack: Whole Grain Crackers, Orange Juice</p>	<p>Breakfast: Sausage Egg & Cheese Biscuit, Orange Wedges, Milk</p> <p>Entrée: Ham and Cheese Sandwich, Pineapples, Mixed Vegetables, Milk</p> <p>Snack: Applesauce, Whole Grain Muffin</p>	<p>Breakfast: Whole Grain Bagel, Apple Slices, Milk</p> <p>Entrée: Rib B Q, Vegetable Medley, Peaches, Whole Grain Roll, Milk</p> <p>Snack: Sun Chips, Milk</p>	