



\*Menus are subject to change.

# Head Start/Early Head Start March Menu

**Cereal Choices:** Cheerios or  
Reduced Sugar Cinnamon Toast Crunch

Menus created Karen Mazza, RD, LDN, SNS

<p><b>Monday 1<sup>st</sup></b> <b>Breakfast:</b> Chicken Biscuit, Chilled Pears <b>Lunch:</b> Cheeseburger, Sweet Potato Fries, Juice</p>	<p><b>Tuesday 2<sup>nd</sup></b> <b>Breakfast:</b> Sausage Croissant, Cupped Pineapple <b>Lunch:</b> Yogurt/Waffles/Cheese Stick, Green Beans w/Bacon, Applesauce</p>	<p><b>Wednesday 3<sup>rd</sup></b> <b>Breakfast:</b> Cereal, Mandarin Oranges <b>Lunch:</b> Cheese or Pepperoni Pizza 🍕, Broccoli w/Cheese, *Fresh Fruit</p>	<p><b>Thursday 4<sup>th</sup></b> <b>Breakfast:</b> Chocolate Crescent, Juice <b>Lunch:</b> Meat &amp; Queso Nachos, Cheesy Refried Beans, Cupped Pears</p>	<p><b>Friday 5<sup>th</sup></b> <b>Breakfast:</b> French Toast Sticks, Cupped Peaches <b>Lunch:</b> Baked Spaghetti w/Breadstick, Fresh Broccoli Florets, Chilled Mixed Fruit</p>
<p><b>Monday 8<sup>th</sup></b> <b>Breakfast:</b> Bacon Egg Cheese Biscuit, Chilled Mixed Fruit Cup <b>Lunch:</b> Chicken Sandwich, Green Beans w/Bacon, Chilled Pears</p>	<p><b>Tuesday 9<sup>th</sup></b> <b>Breakfast:</b> Pancake Sausage Wrap, Mandarin Oranges <b>Lunch:</b> Steak Egg Cheese Bagel, Whole Kernel Corn, Chilled Mixed Fruit</p>	<p><b>Wednesday 10<sup>th</sup></b> <b>Breakfast:</b> Chicken Croissant, *Fresh Fruit <b>Lunch:</b> Cheese or Pepperoni Pizza 🍕, Broccoli w/Cheese, Cupped Peaches</p>	<p><b>Thursday 11<sup>th</sup></b> <b>Breakfast:</b> Café Griddle, Cupped Peaches <b>Lunch:</b> Chicken Tenders w/Biscuit, Sweet Potato Fries, Mandarin Oranges</p>	<p><b>Friday 12<sup>th</sup></b> <b>Breakfast:</b> French Toast Sticks (prepackaged), Juice <b>Lunch:</b> Corn Dog, Southern Baked Beans, *Fresh Fruit</p>
<p><b>Monday 15<sup>th</sup></b> <b>Breakfast:</b> Pancake Sausage Wrap, Orange Wedges <b>Lunch:</b> Chicken Bowl w/Breadstick, Mashed Potatoes, Cupped Peaches</p>	<p><b>Tuesday 16<sup>th</sup></b> <b>Breakfast:</b> Waffles/Pancakes, Applesauce <b>Lunch:</b> Mac &amp; Cheese w/Breadstick, Green Beans w/Bacon, Mandarin Oranges</p>	<p><b>Wednesday 17<sup>th</sup></b> <b>Breakfast:</b> Chicken Griddle, *Fresh Fruit <b>Lunch:</b> Pepperoni Cheese Bread w/Marinara Cup Broccoli w/Cheese, Chilled Mixed Fruit</p>	<p><b>Thursday 18<sup>th</sup></b> <b>Breakfast:</b> Cereal, Juice <b>Lunch:</b> Asian Chicken Bowl w/Yakisoba Noodles, Whole Kernel Corn, Chilled Pears</p>	<p><b>Friday 19<sup>th</sup> STUDENT HOLIDAY NO SCHOOL</b></p>
<p><b>Monday 22<sup>nd</sup></b></p>	<p><b>Tuesday 23<sup>rd</sup></b></p>	<p><b>Wednesday 24<sup>th</sup></b> <b>Spring Break</b></p>	<p><b>Thursday 25<sup>th</sup></b></p>	<p><b>Friday 26<sup>th</sup></b></p>
<p><b>Monday 29<sup>th</sup></b> <b>Breakfast:</b> Chicken Biscuit, Chilled Pears <b>Lunch:</b> Cheeseburger, Sweet Potato Fries, Juice</p>	<p><b>Tuesday 30<sup>th</sup></b> <b>Breakfast:</b> Sausage Croissant, Cupped Pineapple <b>Lunch:</b> Yogurt/Waffles/Cheese Stick, Green Beans w/Bacon, Applesauce</p>	<p><b>Wednesday 31<sup>st</sup></b> <b>Breakfast:</b> Cereal, Mandarin Oranges <b>Lunch:</b> Cheese or Pepperoni Pizza 🍕, Broccoli w/Cheese, *Fresh Fruit</p>	<p><b>Thursday 1<sup>st</sup></b> <b>Breakfast:</b> Chocolate Crescent, Juice <b>Lunch:</b> Meat &amp; Queso Nachos, Cheesy Refried Beans, Cupped Pears</p>	<p><b>Friday 2<sup>nd</sup></b> <b>Breakfast:</b> French Toast Sticks, Cupped Peaches <b>Lunch:</b> Baked Spaghetti w/Breadstick Fresh Broccoli Florets, Chilled Mixed Fruit</p>

This institution is an equal opportunity provider.

\*Fresh Fruit – No fruit with pits, no grapes, no whole apples  
Fresh Vegetables – no carrots or celery  
No Peanut Butter/PBJ Uncrustable  
1% unflavored milk is offered at breakfast and lunch daily.  
½ cup vegetables and fruits for both Head Start and Early Head Start for Lunch  
½ cup fruits for Head Start and Early Head Start for Breakfast  
All Grains are Whole Grain Rich Except Baked Spaghetti