

Head Start / Early Head Start April 2021

Menu Subject to Change. Menus created by Karen Mazza, RDN, LDN, SNS

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?				
<p>*Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.</p>	<p>*Fresh Fruit – No fruit with pits, no grapes, no whole apples</p>	<p>All our grain & bread products at breakfast & lunch are whole-grain rich.☺</p>	<p>Milk: 1% White milk offered at breakfast and lunch daily for children over 2. Whole milk will be served for children aged 1-2.</p>	<p>Juice: All juice/juice blends are 100% juice</p>
			<p>1 Breakfast: Chocolate Crescent, Juice, Milk</p> <p>Lunch: Meat & Queso Nachos, Cheesy Refried Beans, Cupped Pears, Milk</p>	<p>2 Breakfast: French Toast Sticks, Cupped Peaches, Milk</p> <p>Lunch: Baked Spaghetti w/Breadstick Fresh Broccoli Florets, Chilled Mixed Fruit, Milk</p>
<p>5 Breakfast: Cereal, Chilled Mixed Fruit Cup, Milk</p> <p>Lunch: Chicken Sandwich, Green Beans w/Bacon, Chilled Pears, Milk</p>	<p>6 Breakfast: Pancake Sausage Wrap, Mandarin Oranges, Milk</p> <p>Lunch: Steak Egg Cheese Bagel, Whole Kernel Corn, Chilled Mixed Fruit, Milk</p>	<p>7 Breakfast: Chicken Croissant, Fresh Fruit, Milk</p> <p>Lunch: Cheese or Pepperoni Pizza ,Broccoli w/Cheese, Cupped Peaches, Milk</p>	<p>8 Breakfast: Café Griddle, Cupped Peaches, Milk</p> <p>Lunch: Chicken Tenders w/Biscuit, Sweet Potato Fries, Applesauce, Milk</p>	<p>9 Breakfast: French Toast Sticks, Juice, Milk</p> <p>Lunch: Corn Dog, Southern Baked Beans, *Fresh Fruit, Milk</p>
<p>12 Breakfast: Pancake Sausage Wrap, Orange Wedges, Milk</p> <p>Lunch: Popcorn Chicken w/Breadstick, Mashed Potatoes, Cupped Peaches, Milk</p>	<p>13 Breakfast: Waffles/Pancakes, Applesauce, Milk</p> <p>Lunch: Mac & Cheese w/Breadstick, Green Beans w/Bacon, Mandarin Oranges, Milk</p>	<p>14 Breakfast: Chicken Griddle, Fresh Fruit, Milk</p> <p>Lunch: Pepperoni Cheese Bread w/Marinara Cup Broccoli w/Cheese, Chilled Mixed Fruit, Milk</p>	<p>15 Breakfast: Cereal, Juice, Milk</p> <p>Lunch: Asian Chicken Bowl w/Yakisoba Noodles, Whole Kernel Corn, Chilled Pears, Milk</p>	<p>16 Breakfast: French Toast Sticks, Cupped Pineapple, Milk</p> <p>Lunch: Ham & Cheese Stuffer, Mixed Vegetables, Applesauce, Milk</p>
<p>19 Breakfast: Chicken Biscuit, Chilled Pears, Milk</p> <p>Lunch: Cheeseburger, Sweet Potato Fries, Juice, Milk</p>	<p>20 Breakfast: Sausage Croissant, Cupped Pineapple, Milk</p> <p>Lunch: Yogurt/Waffles/Cheese Stick, Green Beans w/Bacon, Applesauce, Milk</p>	<p>21 Breakfast: Cereal, Mandarin Oranges, Milk</p> <p>Lunch: Cheese or Pepperoni Pizza ,Broccoli w/Cheese, *Fresh Fruit, Milk</p>	<p>22 Breakfast: Chocolate Crescent, Juice, Milk</p> <p>Lunch: Meat & Queso Nachos, Cheesy Refried Beans, Cupped Pears, Milk</p>	<p>23 Breakfast: French Toast Sticks, Cupped Peaches, Milk</p> <p>Lunch: Baked Spaghetti w/Breadstick, Fresh Broccoli Florets, Chilled Mixed Fruit, Milk</p>
<p>26 Breakfast: Cereal, Chilled Mixed Fruit Cup, Milk</p> <p>Lunch: Chicken Sandwich, Green Beans w/Bacon, Chilled Pears, Milk</p>	<p>27 Breakfast: Pancake Sausage Wrap, Mandarin Oranges, Milk</p> <p>Lunch: Steak Egg Cheese Bagel, Whole Kernel Corn, Chilled Mixed Fruit, Milk</p>	<p>28 Breakfast: Chicken Croissant, Fresh Fruit, Milk</p> <p>Lunch: Cheese or Pepperoni Pizza ,Broccoli w/Cheese, Cupped Peaches, Milk</p>	<p>29 Breakfast: Café Griddle, Cupped Peaches, Milk</p> <p>Lunch: Chicken Tenders w/Biscuit, Sweet Potato Fries, Applesauce, Milk</p>	<p>30 Breakfast: French Toast Sticks, Juice, Milk</p> <p>Lunch: Corn Dog, Southern Baked Beans, *Fresh Fruit, Milk</p>

This institution is an equal opportunity provider.