

Head Start / Early Head Start June 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?				
* Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.	* Fresh Fruit – No fruit with pits, no grapes, no whole apples	All our grain & bread products at breakfast & lunch are whole-grain rich. 😊	Milk: 1% White milk offered at breakfast and lunch daily for children over 2. Whole milk will be served for children aged 1-2.	Juice: All juice/juice blends are 100% juice
14 Breakfast: Cereal, Orange Juice, Milk Lunch: Ham & Cheese Stuffer, Green Beans, Applesauce, Milk	15 Breakfast: Croissant, Orange Juice, Milk Lunch: Popcorn Chicken, Broccoli w/ Cheese, Peach Cup, Milk	16 Breakfast: Cereal, Orange Juice, Milk Lunch: Hamburger, WG Cheez Its, Corn, Mandarin Orange Cup, Milk	17 Breakfast: Banana Bread, Orange Juice, Milk Lunch: Grilled Cheese Sandwich, Crinkle Cut Potatoes, Applesauce Cup, Milk	18 Breakfast: Yogurt, Orange Juice, Milk Lunch: Deli Sandwich, Pear Cup, Mixed Fruit Cup, Milk
21 Breakfast: Cereal, Orange Juice, Milk Lunch: Cheese Filled Breadsticks, Marinara Sauce, Green Beans, Applesauce, Milk	22 Breakfast: Croissant, Orange Juice, Milk Lunch: Chicken Sandwich on WG bun, Crinkle Cut Potatoes, Mandarin Orange Cup, Milk	23 Breakfast: Cereal, Orange Juice, Milk Lunch: Hot Ham & Cheese Croissant, Corn, Peach Cup, Milk	24 Breakfast: Banana Bread, Orange Juice, Milk Lunch: Corn Dog, Broccoli w/ Cheese, Applesauce, Milk	25 Breakfast: Yogurt, Orange Juice, Milk Lunch: Deli Sandwich, Pear Cup, Mixed Fruit Cup, Milk
28 Breakfast: Cereal, Orange Juice, Milk Lunch: Ham & Cheese Stuffer, Green Beans, Applesauce, Milk	29 Breakfast: Croissant, Orange Juice, Milk Lunch: Popcorn Chicken, Broccoli w/ Cheese, Peach Cup, Milk	30 Breakfast: Cereal, Orange Juice, Milk Lunch: Hamburger, WG Cheez Its, Corn, Mandarin Orange Cup, Milk		

This institution is an equal opportunity provider.