

Sumter Head Start Menu June 2021

Menus Created by Sumter County School District

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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. Condiments: offered as needed.				
This institution is an equal opportunity provider. Menu Subject to Change.				
14 	15 Breakfast: Cheese OR Sausage and Cheese Omelet Flatbread, Applesauce, Milk Lunch: PBJ w/ Cheese Stick, Baby Carrots, Peaches, Milk	16 Breakfast: Apple Texas Toast OR Cereal w/ Cheese Stick, Peaches, Milk Lunch: Italian Wrap Sandwich, Broccoli, Applesauce OR Apple, Milk	17 Breakfast: Cheese OR Sausage and Cheese Omelet Flatbread, Applesauce, Milk Lunch: Cheese Breadstick Pizza, Corn, Juice, Milk	18 Breakfast: Cereal w/ Cheese Stick, Peaches, Milk Lunch: PBJ w/ Cheese Stick, Carrot/Celery Sticks, Diced Peach Cup, Milk
21 Breakfast: Donut OR Coco Cherry Bar, Cheese Stick OR Yogurt, Banana, Milk Lunch: Chicken Nuggets, Tater Tots, Oranges, Milk	22 Breakfast: Cheese OR Sausage and Cheese Omelet Flatbread, Applesauce, Milk Lunch: Meatball Sub w/ Queso, Green Beans, Peaches, Milk	23 Breakfast: Apple Texas Toast OR Cereal w/ Cheese Stick, Peaches, Milk Lunch: PBJ w/ Cheese Stick, Baby Carrots, Applesauce OR Apple, Milk	24 Breakfast: Cheese OR Sausage and Cheese Omelet Flatbread, Applesauce, Milk Lunch: Pepperoni Breadstick Pizza, Corn, Juice, Milk	25 Breakfast: Cereal w/ Cheese Stick, Peaches, Milk Lunch: PBJ w/ Cheese Stick, Carrot/Celery Sticks, Diced Peach Cup, Milk
28 Breakfast: Donut OR Coco Cherry Bar, Cheese Stick OR Yogurt, Banana, Milk Lunch: Cheeseburger, WG Bun, Tater Tots, Oranges, Milk	29 Breakfast: Cheese OR Sausage and Cheese Omelet Flatbread, Applesauce, Milk Lunch: PBJ w/ Cheese Stick, Baby Carrots, Peaches, Milk	30 Breakfast: Apple Texas Toast OR Cereal w/ Cheese Stick, Peaches, Milk Lunch: Italian Wrap Sandwich, Broccoli, Applesauce OR Apple, Milk		