



# Head Start Summer – July Menu 2021

<b>Monday 5<sup>th</sup> Breakfast</b> <b>**Cereal</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Cheese Filled Breadsticks w/Marinara Seasoned Green Beans Applesauce Cup 1% Unflavored White Milk	<b>Tuesday 6<sup>th</sup> Breakfast</b> <b>Croissant</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Chicken Sandwich Seasoned Crinkle Potatoes Mandarin Orange Cup 1% Unflavored White Milk	<b>Wednesday 7<sup>th</sup> Breakfast</b> <b>**Cereal</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Hot Ham & Cheese Croissant w/Whole Grain Cheez Its Whole Kernel Corn Peach Cup 1% Unflavored White Milk	<b>Thursday 8<sup>th</sup> Breakfast</b> <b>Banana Bread</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Corn Dog Broccoli w/Cheese Applesauce 1% Unflavored White Milk	<b>Friday 9<sup>th</sup> Breakfast</b> <b>Yogurt</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Deli Sandwich Pear Cup Mixed Fruit Cup 1% Unflavored White Milk
<b>Monday 12<sup>th</sup> Breakfast</b> <b>**Cereal</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Ham & Cheese Stuffer Seasoned Green Beans Applesauce 1% Unflavored White Milk	<b>Tuesday 13<sup>th</sup> Breakfast</b> <b>Croissant</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Popcorn Chicken Steamed Broccoli w/Cheese Peach Cup 1% Unflavored White Milk	<b>Wednesday 14<sup>th</sup> Breakfast</b> <b>**Cereal</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Hamburger w/Whole Grain Cheez Its Whole Kernel Corn Mandarin Orange Cup 1% Unflavored White Milk	<b>Thursday 15<sup>th</sup> Breakfast</b> <b>Banana Bread</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Hot Grilled Cheese Sandwich Seasoned Crinkle Potatoes Applesauce Cup <i>1% Unflavored White Milk</i>	<b>Friday 16<sup>th</sup> Breakfast</b> <b>Yogurt</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Deli Sandwich Pear Cup Mixed Fruit Cup 1% Unflavored White Milk
<b>Monday 19<sup>th</sup> Breakfast</b> <b>**Cereal</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Cheese Filled Breadsticks w/Marinara Seasoned Green Beans Applesauce Cup 1% Unflavored White Milk	<b>Tuesday 20<sup>th</sup> Breakfast</b> <b>Croissant</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Chicken Sandwich Seasoned Crinkle Potatoes Mandarin Orange Cup 1% Unflavored White Milk	<b>Wednesday 21<sup>st</sup> Breakfast</b> <b>**Cereal</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Hot Ham & Cheese Croissant w/Whole Grain Cheez Its Whole Kernel Corn Peach Cup 1% Unflavored White Milk	<b>Thursday 22<sup>nd</sup> Breakfast</b> <b>Banana Bread</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Corn Dog Broccoli w/Cheese Applesauce 1% Unflavored White Milk	<b>Friday 23<sup>rd</sup> Breakfast</b> <b>Yogurt</b> 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Deli Sandwich Pear Cup Mixed Fruit Cup 1% Unflavored White Milk

\*\* Only Cheerios or RS Cinnamon Toast Crunch Cereal may be offered

## BREAKFAST & LUNCH

Students must be served all food items at breakfast and lunch.



# Head Start Summer – July Menu 2021

<b>Monday 26<sup>th</sup></b> <b>Breakfast</b> **Cereal 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Ham & Cheese Stuffer Seasoned Green Beans Applesauce 1% Unflavored White Milk	<b>Tuesday 27<sup>th</sup></b> <b>Breakfast</b> Croissant 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Popcorn Chicken Steamed Broccoli w/Cheese Peach Cup 1% Unflavored White Milk	<b>Wednesday 28<sup>th</sup></b> <b>Breakfast</b> **Cereal 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Hamburger w/Whole Grain Cheez Its Whole Kernel Corn Mandarin Orange Cup 1% Unflavored White Milk	<b>Thursday 29<sup>th</sup></b> <b>Breakfast</b> Banana Bread 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Hot Grilled Cheese Sandwich Seasoned Crinkle Potatoes Applesauce Cup 1% Unflavored White Milk	<b>Friday 30<sup>th</sup></b> <b>Breakfast</b> Yogurt 100% Orange Juice 1% Unflavored White Milk  <b>Lunch</b> Deli Sandwich Pear Cup Mixed Fruit Cup 1% Unflavored White Milk
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