

Head Start Summer – July Menu 2021

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

Monday 26th Breakfast

**Cereal 100% Orange Juice 1% Unflavored White Milk

Lunch

Ham & Cheese Stuffer Seasoned Green Beans Applesauce 1% Unflavored White Milk Tuesday 27th Breakfast

Croissant 100% Orange Juice 1% Unflavored White Milk

Lunch

Popcorn Chicken Steamed Broccoli w/Cheese Peach Cup 1% Unflavored White Milk Wednesday 28th Breakfast

**Cereal 100% Orange Juice 1% Unflavored White Milk

Lunch

Hamburger w/Whole Grain Cheez Its Whole Kernel Corn Mandarin Orange Cup 1% Unflavored White Milk Thursday 29th Breakfast

Banana Bread 100% Orange Juice 1% Unflavored White Milk

Lunch

Hot Grilled Cheese Sandwich Seasoned Crinkle Potatoes Applesauce Cup 1% Unflavored White Milk Friday 30th
Breakfast
Yogurt

100% Orange Juice 1% Unflavored White Milk

Lunch

Deli Sandwich
Pear Cup
Mixed Fruit Cup
1% Unflavored White Milk

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

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