



Head Start Summer – July Menu 2021

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



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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
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BREAKFAST & LUNCH

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