

Head Start / Early Head Start September 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 white milk will be served for children aged 1-2.	Juice: All juice/juice blends are 100% juice
		1 Breakfast: Chicken Biscuit, Mandarin Oranges, Milk, Lunch: Ham & Cheese Croissant, Broccoli w/Cheese, Juice	2 Breakfast: Waffles, Mixed Fruit Cup, Milk Entrée: Meat & Queso Nachos, Cheesy Refried Beans, Cupped Pears, Milk	3 Breakfast: French Toast Sticks, Fresh Fruit, Milk Entrée: Turkey & Cheese Sandwich, Sweet Potato Fries, Mixed Fruit, Milk
6 HOLIDAY	7 Breakfast: Café Griddle, Cupped Pears, Milk, Lunch: Cheeseburger, Southern Baked Beans, Mixed Fruit, Milk	8 Breakfast: Cereal, Apple Juice, Milk Lunch: Turkey Cheese Croissant, Broccoli w/Cheese, Cupped Peaches, Milk	9 Breakfast: Sausage Biscuit, Mixed Fruit Cup, Milk, Lunch: Chicken Tenders w/Biscuit, Sweet Potato Fries, Applesauce, Milk	10 Breakfast: French Toast Sticks, Fresh Fruit, Milk Lunch: Cheese Filled Breadsticks w/Marinara, Mixed Vegetables, Cupped Pears, Milk
13 Breakfast: Cereal, Cupped Pears, Milk Lunch: Cheese Pizza, Corn, Cupped Peaches, Milk	14 Breakfast: Chicken Croissant, Applesauce, Milk Lunch: Mac & Cheese w/Breadstick, Green Beans w/Bacon, Mandarin Oranges, Milk	15 Breakfast: Pancake Sausage Wrap, Mandarin Oranges, Milk Lunch: Pepperoni Cheese Bread, Broccoli w/Cheese, Chilled Mixed Fruit, Milk	16 Breakfast: Chicken Griddle, Cupped Peaches, Milk Lunch: Asian Chicken Bowl w/Rice, Corn, Cupped Pears , Milk	17 Breakfast: French Toast Sticks, Apple Juice, Milk Lunch: Popcorn Chicken w/Roll, Southern Baked Beans, Applesauce, Milk
20 Breakfast: Sausage Croissant, Apple Juice, Milk Lunch: Mozzarella Cheese Sticks w/Marinara, Cucumber Coins, Cupped Peaches, Milk	21 Breakfast: Cereal, Cupped Peaches, Milk Lunch: Chicken Sandwich, Green Beans w/Bacon, Applesauce, Milk	22 Breakfast: Chicken Biscuit, Mandarin Oranges, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Juice, Milk	23 Breakfast: Waffles, Mixed Fruit Cup, Milk Lunch: Meat & Queso Nachos, Cheesy Refried Beans, Cupped Pears, Milk	24 Breakfast: French Toast Sticks, *Fresh Fruit, Milk Lunch: Turkey Cheese Sandwich , Sweet Potato Fries, Mixed Fruit, Milk
27 Breakfast: Waffles or Pancakes, Cupped Peaches, Milk Lunch: Cheese Pizza, Corn, Cupped Pears, Milk	28 Breakfast: Café Griddle, Cupped Pears, Milk Lunch: Cheeseburger, Southern Baked Beans, Mixed Fruit, Milk	29 Breakfast: **Cereal, Apple Juice, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Cupped Peaches, Milk	30 Breakfast: Sausage Biscuit, Mixed Fruit Cup, Milk Lunch: Chicken Tenders w/Biscuit, Sweet Potato Fries, Applesauce, Milk	

This institution is an equal opportunity provider