

Sumter Head Start Menu September 2021

Menus Created by Sumter County School District

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| Milk: 1% White milk served to all children over age 2.. Juice: 100% juice offered for all servings. Whole Grains: All grains served are Whole Grains or Whole Grain Enriched. Condiments/Utensils: Sumter County School Board will provide Spork Kits, Napkins and Condiments as appropriate. This institution is an equal opportunity provider. Menu Subject to Change. | | | | |
| | | 1 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Teriyaki Chicken, Brown Rice OR Wrap, Broccoli, Applesauce OR Juice, Milk | 2 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Beef Teriyaki Nuggets, Green Beans, Peaches, Milk | 3 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk |
| HOLIDAY | 7 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk | 8 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk | 9 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Pasta Marinara w/ Meatballs, Green Beans, Peaches, Milk | 10 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk |
| 13 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Poppers, Mashed Potatoes, Corn, Banana, Milk | 14 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk | 15 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk | 16 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Uncrustable PB&J, Green Beans, Peaches, Milk | 17 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk |
| 20 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Sandwich, Baked Beans, Banana, Milk | 21 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: BBQ Meatball Sub, Green Beans, Apple Slices, Milk | 22 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Teriyaki Chicken, Brown Rice OR Wrap, Broccoli, Applesauce OR Juice, Milk | 23 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Beef Teriyaki Nuggets, Green Beans, Peaches, Milk | 24 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk |
| 27 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Nuggets, Tater Tots, Banana, Milk | 28 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk | 29 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk | 30 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Pasta Marinara w/ Meatballs, Green Beans, Peaches, Milk | |