

Sumter Head Start Menu October 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.				
4 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Poppers, Mashed Potatoes, Corn, Banana, Milk	5 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk	6 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk	7 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Uncrustable PB&J, Green Beans, Peaches, Milk	8 <p style="text-align: center;">Teacher In-Service Day No School</p>
11 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Sandwich, Baked Beans, Banana, Milk	12 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: BBQ Meatball Sub, Green Beans, Apple Slices, Milk	13 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Teriyaki Chicken, Brown Rice OR Wrap, Broccoli, Applesauce OR Juice, Milk	14 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Beef Teriyaki Nuggets, Green Beans, Peaches, Milk	15 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk
18 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Sandwich, Baked Beans, Banana, Milk	19 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: BBQ Meatball Sub, Green Beans, Apple Slices, Milk	20 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Teriyaki Chicken, Brown Rice OR Wrap, Broccoli, Applesauce OR Juice, Milk	21 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Beef Teriyaki Nuggets, Green Beans, Peaches, Milk	22 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk
25 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Nuggets, Tater Tots, Banana, Milk	26 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk	27 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk	28 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Pasta Marinara w/ Meatballs, Green Beans, Peaches, Milk	29 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk