

Head Start Sumter Menu November 2021

Menu Subject to Change.

Menus Created by Sumter County School District

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.	Juice: All juice/juice blends are 100% juice
1 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Nuggets, Tater Tots, Banana, Milk	2 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk	3 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk	4 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Pasta Marinara w/ Meatballs, Green Beans, Peaches, Milk	5 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk
8 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Poppers, Mashed Potatoes, Corn, Banana, Milk	9 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk	10 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk	11 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Uncrustable PB&J, Green Beans, Peaches, Milk	12 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk
15 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Sandwich, Baked Beans, Banana, Milk	16 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: BBQ Meatball Sub, Green Beans, Apple Slices, Milk	17 Breakfast: Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk Lunch: Teriyaki Chicken, Brown Rice OR Wrap, Broccoli, Applesauce OR Juice, Milk	18 Breakfast: Mini Muffin Loaf, Cheese Stick, Juice, Milk Lunch: Beef Teriyaki Nuggets, Green Beans, Peaches, Milk	19 Breakfast: Coco Cherry Bar, Cheese Stick, Banana, Milk Lunch: Pizza Sticks, Corn, Orange, Milk
22 Thanksgiving Week No School	23 Thanksgiving Week No School	24 Thanksgiving Week No School	25 Thanksgiving Week No School	26 Thanksgiving Week No School
29 Breakfast: Cheerios, Cheese Stick, Juice, Milk Lunch: Chicken Nuggets, Tater Tots, Banana, Milk	30 Breakfast: Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk Lunch: Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk			

This institution is an equal opportunity provider