

Head Start / Early Head Start Volusia Menu November 2021

Menu Subject to Change.

Menus created by Karen Mazza, RDN, LDN, SNS @ Volusia County Schools

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: Sausage Croissant, Apple Juice, Milk Lunch: Mozzarella Cheese Sticks w/Marinara, Cucumber Coins, Cupped Peaches, Milk	2 Breakfast: Cereal, Cupped Peaches, Milk Lunch: Chicken Sandwich, Green Beans w/Bacon, Applesauce, Milk	3 Breakfast: Chicken Biscuit, Mandarin Oranges, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Juice, Milk	4 Breakfast: Waffles, Mixed Fruit Cup, Milk Lunch: Meat & Queso Nachos, Cheesy Refried Beans, Cupped Pears, Milk	5 Breakfast: French Toast Sticks, *Fresh Fruit, , Milk Lunch: Turkey Cheese Sandwich , Sweet Potato Fries, Mixed Fruit, Milk
8 Breakfast: Waffles or Pancakes, Cupped Peaches, Milk Lunch: Cheese Pizza, Corn, Cupped Pears, Milk	9 Breakfast: Café Griddle, Cupped Pears, Milk Lunch: Cheeseburger, Southern Baked Beans, Mixed Fruit, Milk	10 Breakfast: Cereal, Apple Juice, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Cupped Peaches, Milk	11 <div style="text-align: center;">No School Holiday</div>	12 Breakfast: French Toast Sticks, *Fresh Fruit, Milk Lunch: Cheese Filled Breadsticks w/Marinara, Mixed Vegetables, Cupped Pears
15 Breakfast: Cereal, Cupped Pears, Milk Lunch: Cheese Pizza, Corn, Cupped Peaches, Milk	16 Breakfast: Chicken Croissant, Applesauce, Milk Lunch: Mac & Cheese w/Roll, Green Beans w/Bacon, Mandarin Oranges, Milk	17 Breakfast: Pancake Sausage Wrap, Mandarin Oranges, Milk Lunch: Pepperoni Cheese Bread, Broccoli w/Cheese, Chilled Mixed Fruit, Milk	18 Breakfast: Chicken Griddle, Cupped Peaches, Milk Lunch: Asian Chicken Bowl w/Rice, Corn, Cupped Pears, Milk	19 Breakfast: French Toast Sticks, Apple Juice, Milk Lunch: Popcorn Chicken w/Roll, Southern Baked Beans, Applesauce, 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: Sausage Croissant, Apple Juice Lunch: Mozzarella Cheese Sticks w/Marinara, Cucumber Coins, Cupped Peaches	30 Breakfast: **Cereal, Cupped Peaches Lunch: Chicken Sandwich, Green Beans w/Bacon, Applesauce			

This institution is an equal opportunity provider