


Head Start March 2018

Menu Subject to Change.

Menus created by Evelyn Klironomos, RDN, LDN

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.	Yellow highlighted menu items indicate that these menu items differ from menu items offered at the feeder school.	Note: Some schools may have a non-pork version of items that have the pork symbol listed. If this is the case, the manager will let the site know.	Milk: 1% White milk offered at breakfast and lunch daily. <i>When juice is listed, the feeder school will choose 1 flavor to send to the site(s).</i>	All our grain & bread products at breakfast & lunch are whole-grain rich.☺
			1 Breakfast: Croissant w/ Egg & Cheese, small Fresh Fruit Entrée: Roasted Chicken w/ a Breadstick Sides: ¼ c Mashed Potatoes w/ Gravy & a Fresh Apple	2 Breakfast: 2 French Toast Sticks , small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese Sides: ¼ c Broccoli & ¼ c Peaches
5 Breakfast: Mini Maple Pancakes or *Cereal , ½ c Pears Entrée: Cheese Sticks w/ Marinara Sides: ¼ c Green Beans & ½ c Strawberry Cup	6 Breakfast: Chicken Biscuit, small Fresh Fruit Entrée: Taco w/ Cheese & Salsa (Non-pork offer 1 ½ oz chz taco) Sides: ¼ c Cheesy Beans & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	7 Early Release Day Breakfast: *Cereal , ½ c Peaches Entrée: Mini Corndogs Sides: ¼ c Broccoli & small Fresh Fruit	8 Breakfast: Croissant w/ Egg & Cheese , Juice Entrée: Chicken & Waffles Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Pears	9 Spring Break Begins, No School 
12 Spring Holiday, No School	13 Spring Holiday, No School	14 Spring Holiday, No School	15 Spring Holiday, No School	16 Spring Holiday, No School
19 Breakfast: Mini Maple Pancakes or *Cereal , ½ c Pears Entrée: Chicken Nuggets w/ a 2 oz. Roll Sides: ½ c Tossed Salad & ½ c Strawberry Cup	20 Breakfast: Chicken Biscuit, small Fresh Fruit Entrée: Hamburger Sides: ¼ c Spiral Fries & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	21 Early Release Day Breakfast: *Cereal , ½ c Pears Entrée: Cheese Calzonette w/ Marinara Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Applesauce (or ½ c Applesauce Cup)	22 Breakfast: Croissant w/ Egg & Cheese , Juice Entrée: Hot Dog or , (non-pork offer cheese sandwich) Sides: ¼ c Baked Beans & small Fresh Fruit	23 Breakfast: 2 French Toast Sticks , small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese Sides: ¼ c Broccoli w/ Cheese & small Fresh Fruit
26 Breakfast: *Cereal , ½ c Peaches Entrée: Asian Orange Chicken w/ ½ c Sweet & Spicy Rice Sides: ¼ c Corn & ½ c Strawberry Cup	27 Breakfast: Yogurt w/ Granola , ½ c Applesauce Entrée: Meat & Cheese Nachos w/ Salsa (Non-pork offer 1 ½ oz shredded chz instead of nacho meat or cheese sand.) Sides: ¼ c Cheesy Beans & small Fresh Fruit	28 Early Release Day Breakfast: Pancake Sausage Wrap, ½ c Pears Entrée: Chicken Fryz w/ 2 oz. Roll Sides: ¼ c Sweet Potato Waffle Fries & small Fresh Fruit	29 Breakfast: *Cereal , small Fresh Fruit Entrée: Roasted Chicken w/ a Breadstick Sides: ¼ c Mashed Potatoes w/ Gravy & a Fresh Apple	30 Breakfast: 2 French Toast Sticks , small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese Sides: ¼ c Broccoli & ¼ c Peaches

This institution is an equal opportunity provider.



This symbol indicates that the product is made with Pork.



This symbol indicates that the product is made with Beef.



This symbol indicates that the product is made with Turkey.



This symbol indicates that the item is vegetarian or lacto-vegetarian.