


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: 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 Applesauce (or ½ c Applesauce Cup)	2 Breakfast: *Cereal, ½ c Peaches Entrée: Mini Corndogs Sides: ¼ c Broccoli & small Fresh Fruit	3 Breakfast: Croissant w/ Egg & Cheese, Juice Entrée: Roasted Chicken or Popcorn Chicken, Breadstick Sides: ¼ c Mashed Potato w/ Gravy & ¼ c Pears	4 Breakfast: 2 French Toast Sticks, small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese Sides: ¼ c Corn & small Fresh Fruit
7 Breakfast: *Cereal, ½ c Peaches Entrée: Nuggets or Popcorn Chx w/ a 2 oz. Roll Sides: ¼ c Baked Beans & small Fresh Fruit	8 Breakfast: Yogurt w/ Granola, ½ c Mixed Fruit Entrée: Cheesy Filled Bread Stick w/ Marinara Sides: ¼ c Corn & ¼ c Applesauce (or ½ c Applesauce Cup)	9 Breakfast: Pancake Sausage Wrap, (Non-pork offer cereal), ½ c Pears Entrée: Chicken Sandwich Sides: ½ c Lettuce & Tomato & small Fresh Fruit	10 Breakfast: Croissant w/ Egg & Cheese, small Fresh Fruit Entrée: Baked Spaghetti Sides: ¼ c Green Beans & ¼ c Pears	11 Breakfast: 2 French Toast Sticks, small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese Sides: ¼ c Cooked Carrots & Peaches
14 Breakfast: Mini Maple Pancakes or *Cereal, ½ c Peaches Entrée: Hot Dog Sides: ¼ c Baked Beans & ½ c Strawberry Cup	15 Breakfast: Sausage Biscuit, small Fresh Fruit Entrée: Nuggets or Popcorn Chx w/ a Breadstick Sides: ¼ c Corn & ¼ c Applesauce (or ½ c Applesauce Cup)	16 Early Release Day Breakfast: *Cereal, ½ c Pears Entrée: Hamburger Sides: ¼ c Spiral Fries & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	17 Breakfast: Croissant w/ Egg & Cheese, Juice Entrée: Chicken Sandwich Sides: ¼ c Sweet Potato Waffle Fries & small Fresh Fruit	18 Breakfast: 2 French Toast Sticks, small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese Sides: ¼ c Broccoli w/ Cheese & small Fresh Fruit
21 Breakfast: *Cereal, ½ c Peaches Entrée: Mini Corndogs Sides: ¼ c Broccoli & Cheese & ½ c Strawberry Cup	22 Breakfast: Yogurt w/ Cheerios, ½ c Applesauce Entrée: Popcorn Chx w/ a Roll Sides: ¼ c Mixed Veggies & small Fresh Fruit	23 Early Release Day Breakfast: *Cereal, ½ c Pears Entrée: Rib-B-Q Sides: ¼ c Green Beans & small Fresh Fruit	24 Breakfast: Croissant w/ Egg & Cheese, small Fresh Fruit Entrée: Chicken Sandwich Sides: ¼ c Sweet Potato Waffle Fries & a Fresh Apple	25 Breakfast: 2 French Toast Sticks, small Fresh Fruit Entrée: Cheese Pizza Sides: ¼ c Broccoli & Cheese & ¼ c Peaches
28 	29 Breakfast: Sausage Biscuit, small Fresh Fruit Entrée: Nuggets or Popcorn Chx w/ a Breadstick Sides: ¼ c Corn & ¼ c Applesauce (or ½ c Applesauce Cup)	30 Early Release Day Breakfast: *Cereal, ½ c Peaches Entrée: Hamburger Sides: ¼ c Spiral Fries & small Fresh Fruit		

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.