

Head Start / Early Head Start March 2020

Menu Subject to Change.

Menus created by Karen Mazza, RD, LDN, SNS

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?				
<p>*Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.</p>	<p>*Fresh Fruit – No fruit with pits, no grapes, no whole apples</p>	<p>All our grain & bread products at breakfast & lunch are whole-grain rich.☺</p>	<p>Milk: 1% White milk offered at breakfast and lunch daily for children over 2. Whole milk will be served for children aged 1-2.</p>	<p>Juice: All juice/juice blends are 100% juice</p>
<p>2</p> <p>Breakfast: Sausage Croissant, Chilled Pears, Milk</p> <p>Entrée: Pepperoni Cheese Bread, Potato Wedges, 100% Fruit Juice, Milk</p>	<p>3</p> <p>Breakfast: Chicken Biscuit, Chilled Pineapple, Milk</p> <p>Entrée: Turkey & Cheese Wrap, Whole Kernel Corn, Frozen Strawberry Cup, Milk</p>	<p>4</p> <p>Breakfast: Cereal, Mandarin Oranges, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Broccoli w/ Cheese, Fresh Fruit, Milk</p>	<p>5</p> <p>Breakfast: Waffles, Juice, Milk</p> <p>Entrée: Beef & Queso Nachos, Cheesy Refried Beans, Chilled Pears, Milk</p>	<p>6</p> <p>Breakfast: French Toast Sticks, Chilled Peaches, Milk</p> <p>Entrée: Mozzarella Cheese Sticks, Marinara Sauce, Glazed Carrots, Chilled Pineapple, Milk</p>
<p>9</p> <p>Breakfast: Pancake Sausage Wrap, Strawberry Fruit Cup, Milk</p> <p>Entrée: Chicken Fryzz, Waffle, Green Beans w/Bacon, Chilled Peaches, Milk</p>	<p>10</p> <p>Breakfast: Cereal, Chilled Peaches, Milk</p> <p>Entrée: Mini Hot Dogs, Sweet Baked Beans, Chilled Peaches, Milk</p>	<p>11</p> <p>Breakfast: Chicken Croissant, Mandarin Oranges, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Broccoli w/ Cheese, Chilled Pineapples, Milk</p>	<p>12</p> <p>Breakfast: Sausage Morning Roll, Chilled Mixed Fruit, Milk</p> <p>Entrée: Boneless Chicken Wings, Breadstick, Glazed Carrots, Strawberry Cup, Milk</p>	<p>13</p> <p>SPRING BREAK NO SCHOOL</p>
<p>16</p> <p>SPRING BREAK NO SCHOOL</p>	<p>17</p> <p>SPRING BREAK NO SCHOOL</p>	<p>18</p> <p>SPRING BREAK NO SCHOOL</p>	<p>19</p> <p>SPRING BREAK NO SCHOOL</p>	<p>20</p> <p>SPRING BREAK NO SCHOOL</p>
<p>23</p> <p>Breakfast: Ham & Cheese Stuffer, Strawberry Fruit Cup, Milk</p> <p>Entrée: Beef & Queso Nachos, Cheesy Refried Beans, Chilled Pears, Milk</p>	<p>24</p> <p>Breakfast: Sausage Biscuit, Fresh Fruit, Milk</p> <p>Entrée: Roasted Chicken, Cornbread, Glazed Carrots, Juice, Milk</p>	<p>25</p> <p>Breakfast: Chicken Griddle, Juice, Milk</p> <p>Entrée: French Bread Pizza w/ Marinara Sauce, Potato Wedges, Chilled Mixed Fruit, Milk</p>	<p>26</p> <p>Breakfast: Cereal, Chilled Peaches, Milk</p> <p>Entrée: Asian Chicken Bowl w/Yakisoba Noodles, Broccoli w/Cheese, Chilled Pears, Milk</p>	<p>27</p> <p>Breakfast: French Toast Sticks, Chilled Peaches, Milk</p> <p>Entrée: Mac & Cheese, Breadstick, Seasoned Green Beans, Fresh Fruit, Milk</p>
<p>30</p> <p>Breakfast: Sausage Croissant, Chilled Pears, Milk</p> <p>Entrée: Pepperoni Cheese Bread, Potato Wedges, 100% Fruit Juice, Milk</p>	<p>31</p> <p>Breakfast: Chicken Biscuit, Chilled Pineapple, Milk</p> <p>Entrée: Turkey & Cheese Wrap, Whole Kernel Corn, Frozen Strawberry Cup, Milk</p>			