

At least one serving of whole wheat or whole grain is served daily. All breakfasts and lunches are served with 1% milk. All juices are 100%.



MENU SUBJECT TO CHANGE, WITHOUT NOTICE!!!!

DECEMBER 2021 HEAD START MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 Yogurt Fruit Cocktail	30 French Toast Applesauce	1 Waffle Pears	2 Bagel/cream cheese Tropical Fruit	3 Cereal Raisins	4
Breakfast						
Lunch	Teriyaki Chicken Brown Rice Broccoli Mandarin Oranges	Ham & Scalloped Potatoes Green Beans Peaches Dinner Roll	Hamburger Gravy Mashed Potatoes Peas Pineapple Bread	Goulash Corn Fruit Cocktail	Fish/tartar sauce Tater Tots Apples Bread	
Snack	Chex Mix Raisins	Cheese Crackers	Teddy Grahams Mixed Fruit	Pretzels Applesauce	PBJ Juice	
5	6 Omelet Hash Browns Juice Hamburger Stroganoff Green Beans Peaches Goldfish Pears	7 English Muffin Pineapple Chicken & Rice Peas Fruit Cocktail Chex Mix Peanuts	8 Pancake Applesauce Ham & Bean Soup Cornbread Cheese Stick Tropical Fruit Sun Chips Peaches	9 Yogurt Pears Tater Tot Casserole Carrots Pineapple Bread Graham Crackers Mixed Fruit	10 Cereal Blueberries BBQ Sliders French Fries Cantaloupe Animal Crackers Juice	11
12	13 French Toast Pineapple S'more Casserole Broccoli Mandarin Oranges Tortilla Chips Salsa Apple Juice	14 Bagel/peanut butter Raisins Biscuit/sausage Hash Browns Yogurt Cherries Ants on a log Crackers	15 Muffin Peaches Chicken Enchilada Casserole Corn Tropical Fruit Cottage Cheese Pineapple	16 Waffle Pears Chili Oyster Crackers Cheese French Fries Cinnamon Applesauce Goldfish Mixed Fruit	17 Cereal Fruit Cocktail Chicken Nuggets Fresh Veggies/dip Oranges Bread Teddy Grahams Juice	18
19	20	21	22	23	24	25
26	27	28	29	30	31	