

Whole grain or whole wheat is served at least once a day. All breakfasts and lunches are served with 1% milk. All Juices are 100%. Menus are subject to change



without notice due to the availability of certain food items.

# September 2021 Head Start Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>	30 Yogurt Mandarin Oranges	31 French Toast Strawberries	1 Bagel/peanut butter Pears	2 English Muffin Pineapple	3 Cereal Peaches	4
<b>LUNCH</b>	Scrambled Eggs w/ham & cheese Hash Browns Tropical Fruit Muffin	Hamburger Stroganoff Peas Peaches	Chicken & Dressing Casserole Broccoli Mandarin Oranges	S'more Casserole Green Beans Fruit Cocktail	Chicken Nuggets Potato Wedges Oranges Slices Bread	
<b>P.M. SNACK</b>	Chex Mix Juice	Cheese Stick Applesauce	Goldfish Milk	Graham Crackers Tropical Fruit	Yogurt Granola	
5	6 <b>LABOR DAY NO SCHOOL</b>	7 <b>NO SCHOOL TEACHER WORK DAY</b>	8 Omelet Pears  Chicken & Noodles Peas Fruit Cocktail  Cottage Cheese Peaches	9 Yogurt Pineapple  Fish Nuggets French Fries Tropical Fruit  Sun Chips Juice	10 Cereal Raisins  Cold Ham & Cheese Wrap Celery & Carrots Apple Slices  Cheese Crackers	11
12	13 Egg Patty Tropical Fruit  Sloppy Joe Potato Wedges Pears  Chex Mix Juice	14 Muffin Peaches  Tuna & Noodles Peas Fruit Cocktail  Tortilla Chips Salsa Milk	15 Pancake Applesauce  Marinara Meatballs Garlic Bread Tossed Salad Pineapple  Teddy Grahams Raisins	16 Bagel/crm cheese Mandarin Oranges  Shepherd's Pie Green Beans Tropical Fruit Dinner Roll  Bagel/peanut butter Milk	17 Cereal Banana?  BBQ Sliders French Fries Cantaloupe  Goldfish Applesauce	18
19	20 Yogurt Peaches  Chicken Enchilada Casserole Green Beans Cinnamon Apples  Animal Crackers Juice	21 French Toast Applesauce  Tater Tot Casserole Peas & Carrots Pineapple Dinner Roll  Cheese Stick Crackers	22 English Muffin Pears  Italian Rotini California Blend Fruit Cocktail  Graham Crackers Cream Cheese Strawberries	23 Waffle Sticks Strawberries  Chili Oyster Crackers French Fries Tropical Fruit  Sun Chips Juice	24 Cereal Blueberries?  Egg Roll Fresh Broccoli & Cauliflower Orange Slices  Chex Mix Peanuts	25
26	27 Pigs in a Blanket Juice  Mac n Cheese Peas Peaches  Tortilla Peanut Butter	28 Bagel/cream cheese Pears  Chicken & Biscuits Cooked Carrots Tropical Fruit  Muffin Fruit Cocktail	29 Pancake Applesauce  English Muffin Pizza Tossed Salad Mandarin Oranges  Tortilla Chips Salsa Milk	30 Yogurt Pineapple  Mexican Casserole Corn Cinnamon Apples  Pretzels Raisins		