

SEPTEMBER | 2019



Head Start Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day	3 WG Cereal Fruit	4 WG Blueberry Waffle Fruit	5 WG Bagel Yogurt Fruit	6 WG Toast Peanut Butter
9 WG Cereal Fruit	10 WG Pancake Fruit	11 WG Maple Waffle Fruit	12 W.G. Blueberry Muffin Fruit	13 WG English Muffin Fruit
16 WG Cereal Fruit	17 W.G. French Toast Fruit	18 WG Blueberry Waffle Fruit	19 WG Bagel Yogurt Fruit	20 WG Toast Peanut Butter
23 WG Cereal Fruit	24 WG Pancake Fruit	25 WG Maple Waffle Fruit	26 W.G. Blueberry Muffin Fruit	27 WG English Muffin Fruit
30 WG Cereal Fruit	1	2	3	4



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Head Start Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Cheeseburger Green Beans Peaches	4 Chicken Nuggets WG Cracker Baby Carrots Apple Sauce Cup	5 Individual Pizza Veggie Sticks Diced Peaches	6 Texas Straw Hats Refried Beans Lettuce & Tomato Strawberry Cup
9 Bosco Sticks Corn Apple	10 Chicken Sandwich French Fries Peach Cup	11 Rotini & Meat Sauce Breadstick Salad Banana	12 Pizza Broccoli & Cauliflower Orange Slices	13 Soft Taco Refried Beans Lettuce & Tomato Diced Pears
16 Cheeseburger Baked Beans Pineapple Tidbits	17 French Toast Sticks Sausage Patty Hashbrown Apple Slices	18 Macaroni & Cheese Peas Dinner Roll Mixed Fruit	19 Stuffed Crust Pizza Veggie Sticks Pear	20 Burrito Clementine Salad
23 Chicken Tenders Green Beans Dinner Rolls Sliced Peaches	24 Hot Dog Grapes Salad	25 Chili Cheese Fries WG Cracker Apple	26 Calzone Veggie Sticks Mandarin Oranges	27 Walking Taco Refried Beans Lettuce & Tomato Banana
30 Mini Corn Dog Veggie Sticks Apple	1	2	3	4