



HEAD START APRIL BREAKFAST MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> W.G. Cereal Fruit	<u>4</u> W.G Pancake Fruit	<u>5</u> W.G. Maple Waffle Fruit	<u>6</u> W.G Blueberry Muffin Fruit	<u>7</u> No SCHOOL
<u>10</u> W.G. Cereal Fruit	<u>11</u> W.G French Toast Fruit	<u>12</u> W.G Blueberry Waffle Fruit	<u>13</u> W.G Bagel Yogurt Fruit	<u>14</u> No SCHOOL
<u>17</u> W.G. Cereal Fruit	<u>18</u> W.G Pancake Fruit	<u>19</u> W.G. Maple Waffle Fruit	<u>20</u> W.G Blueberry Muffin Fruit	<u>21</u> W.G. Toast Peanut Butter Fruit
<u>24</u> W.G. Cereal Fruit	<u>25</u> W.G French Toast Fruit	<u>26</u> W.G Blueberry Waffle Fruit	<u>27</u> W.G Bagel Yogurt Fruit	<u>28</u> W.G English Muffin Fruit

<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p> <p>MENU SUBJECT TO CHANGE</p>		
--	--	---

HEAD START APRIL LUNCH MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Bosco Sticks Maranara Cup Tossed Salad Diced Pears Milk	<u>4</u> Texas Straw Hat Refried Beans Lettuce & Tomato Grapes Milk	<u>5</u> Cheeseburger French Fries Diced Peaches Milk	<u>6</u> Calzone Broccoli & Cauliflower Fruit Cup Milk	<u>7</u> NO SCHOOL
<u>10</u> Garlic Cheese Knots Marinara Sauce Corn Applesauce Cup Milk	<u>11</u> Stromboli Cherry Tomatoes Mandarin Oranges Cup Milk	<u>12</u> Orange Chicken Fried Rice Tossed Salad Mixed Fruit Milk	<u>13</u> Pizza Veggie Sticks Apple Slices Milk	<u>14</u> NO SCHOOL
<u>17</u> Grilled Cheese Tossed Salad Orange Milk	<u>18</u> Soft Taco Lettuce & Tomato Diced Pears Milk	<u>19</u> Chicken Sandwich Potato Smiles Diced Peaches Milk	<u>20</u> Rib Sandwich Baked Beans Pineapple Tidbits Milk	<u>21</u> Hot Ham & Cheese Croissant Veggie Sticks Apple Milk
<u>24</u> Cheeseburger French Fries Grapes Milk	<u>25</u> Walking Taco Refried Beans Lettuce & Tomato Strawberries Milk	<u>26</u> French Toast Sticks Hash Brown Sausage Patty Apple Slices Milk	<u>27</u> French Bread Pizza Tossed Salad Mixed Fruit Milk	<u>28</u> Mini Corn Dogs Baked Beans Banana Milk

AVAILABLE DAILY

<p>Sub sandwich, Chef salad, uncrustable</p>	<p>ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILK</p>	
<p>KETCHUP, SALSA, FAT FREE SALAD DRESSINGS</p>	<p>FRESH FRUIT OFFERED WITH ALL MEALS DAILY</p>	

BREAKFAST AND LUNCH WILL BE *FREE* TO ALL STUDENTS FOR SCHOOL YEAR 2022/2023

This institution is an equal opportunity
provider

BREAKFAST SERVED EVERY MORNING