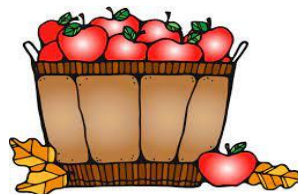


# HEAD START SEPTEMBER BREAKFAST MENU 2023

| MONDAY                     | TUESDAY                               | WEDNESDAY                  | THURSDAY                     | FRIDAY                               |
|----------------------------|---------------------------------------|----------------------------|------------------------------|--------------------------------------|
| 28<br>W.G. Cereal<br>Fruit | 29<br>Bagel<br>Cream Cheese<br>Banana | 30<br>Muffin<br>Watermelon | 31<br>Toast<br>Blueberries   | 1<br>No School                       |
| 4<br>No School             | 5<br>Bagel<br>Cream Cheese<br>Banana  | 6<br>Muffin<br>Watermelon  | 7<br>Toast<br>Blueberries    | 8<br>English Muffin<br>Apple Slices  |
| 11<br>W.G. Cereal<br>Fruit | 12<br>Bagel<br>Cream Cheese<br>Banana | 13<br>Muffin<br>Watermelon | 14<br>Toast<br>Blueberries   | 15<br>No School                      |
| 18<br>W.G. Cereal<br>Fruit | 19<br>Bagel<br>Cream Cheese<br>Banana | 20<br>Muffin<br>Watermelon | 21<br>Toast<br>Blueberries I | 22<br>English Muffin<br>Apple Slices |
| 25<br>W.G. Cereal<br>Fruit | 26<br>Bagel<br>Cream Cheese<br>Banana | 27<br>Muffin<br>Watermelon | 28<br>Toast<br>Blueberries   | 29<br>No School                      |

**THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY PROVIDER**

**MENU SUBJECT TO CHANGE**



# HEAD START SEPTEMBER LUNCH MENU 2023

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| 28<br>Chicken Sandwich<br>Potato Smiles<br>Fruit Sorbet<br>Milk               | 29<br>Burrito<br>Lettuce & Tomato<br>Applesauce Cup<br>Milk                        | 30<br>Bosco Sticks<br>Marinara Sauce<br>Corn<br>Diced Pears<br>Milk       | 31<br>Round Pizza<br>Tossed Salad<br>Diced Peaches<br>Milk              | 1<br>No School  |
| 4<br>No School  | 5<br>Waking Taco<br>Refried Beans<br>Lettuce & Tomato<br>Apple Slices<br>Milk      | 6<br>Macaroni & Cheese<br>Peas<br>Dinner Roll<br>Watermelon<br>Milk       | 7<br>Stromboli<br>Corn<br>Mandarin Orange<br>Milk                       | 8<br>Chicken Nuggets<br>Graham Crackers<br>French Fries<br>Strawberry Cup<br>Milk |
| 11<br>Hot Ham &<br>Cheese Pocket<br>Tossed Salad<br>Pineapple Cup<br>Milk     | 12<br>Soft Taco<br>Refried Beans<br>Lettuce & Tomato<br>Peach Cup<br>Milk          | 13<br>French Toast Sticks<br>Sausage Patty<br>Hashbrown<br>Banana<br>Milk | 14<br>Pizza<br>Hot Carrots<br>Diced Pears<br>Milk                       | 15<br>No School   |
| 18<br>Hot Dog<br>Baked Beans<br>Apple<br>Milk                                 | 19<br>Texas Straw Hats<br>Refried Beans<br>Lettuce & Tomato<br>Blueberries<br>Milk | 20<br>Pasta Alfredo<br>Breadstick<br>Green Beans<br>Sliced Apples<br>Milk | 21<br>Pizza Sticks<br>Sliced Cucumbers<br>Clementine<br>Milk            | 22<br>Cheeseburger<br>Tater Tots<br>Applesauce Cup<br>Milk                        |
| 25<br>Chicken Strips<br>Graham Crackers<br>Green Beans<br>Mixed Fruit<br>Milk | 26<br>Taco Stick<br>Peas<br>Banana<br>Milk   | 27<br>Meatball Sub<br>French Fries<br>Diced Pineapple<br>Milk             | 28<br>French Bread Pizza<br>Broccoli & Cauliflower<br>Pineapple<br>Milk | 29<br>No School   |

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