

# HEAD START SEPTEMBER BREAKFAST MENU 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>1</u> No School	<u>2</u> No School
<u>5</u> No School	<u>6</u> W.G French Toast Fruit	<u>7</u> W.G Blueberry Waffle Fruit	<u>8</u> W.G Bagel Yogurt Fruit	<u>9</u> No School
<u>12</u> W.G. Cereal Fruit	<u>13</u> W.G Pancake Fruit	<u>14</u> W.G. Maple Waffle Fruit	<u>15</u> W.G Blueberry Muffin Fruit	<u>16</u> W.G. Toast Peanut Butter Fruit
<u>19</u> W.G. Cereal Fruit	<u>20</u> W.G French Toast Fruit	<u>21</u> W.G Blueberry Waffle Fruit	<u>22</u> W.G Bagel Yogurt Fruit	<u>23</u> W.G English Muffin Fruit
<u>26</u> W.G. Cereal Fruit	27 W.G Pancake Fruit	28 W.G. Maple Waffle Fruit	29 W.G Blueberry Muffin Fruit	30 W.G. Toast Peanut Butter Fruit

<p><b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</b></p>		

# HEAD START SEPTEMBER LUNCH MENU 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>1</u> No School	<u>2</u> No School
<u>5</u> No School	<u>6</u> Texas Straw Hat Refried Beans Lettuce & Tomato Pineapple Milk	<u>7</u> French Toast Sticks Hash Brown Sausage Patty Banana Milk	<u>8</u> Pizza Veggie Sticks Apple Milk	<u>9</u> No School
<u>12</u> Hot Dog Baked Beans Mixed Fruit Milk	<u>13</u> Crispito's Lettuce & Tomato Diced Pears Milk	<u>14</u> Rotini W.G Breadstick Cherry Tomatoes Applesauce Cup Milk	<u>15</u> Round Pizza Broccoli & Cauliflower Mandarin oranges Milk	<u>16</u> Chicken Nuggets Graham Cracker Applesauce Cup Milk
<u>19</u> Cheeseburger Fries or Tots Grapes Milk	<u>20</u> Walking Taco Refried Beans Lettuce & Tomato Blueberries Milk	<u>21</u> Macaroni & Cheese W.G Roll Cucumbers Sliced Apples Milk	<u>22</u> French Bread Pizza Tossed Salad Pineapple Tidbits Milk	<u>23</u> Mini Corn Dogs Hot Carrots Applesauce Cup Mi
<u>26</u> Hot Ham & Cheese Croissant Cherry Tomatoes Mixed Fruit Milk	<u>27</u> Burrito Tossed Salad Apple Milk	<u>28</u> Ravioli W.G Dinner Roll Peas Strawberries Milk	<u>29</u> Stuffed Crust Pizza Tossed Salad Grapes Milk	<u>30</u> Boneless Chicken Wings W.G. Crackers Hot Carrots Diced Peaches Milk

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