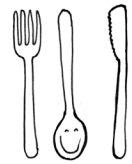




# Child Start Inc. Head Start Menu

## September 2022 Breakfast/Lunch/Snack



Monday	Tuesday	Wednesday	Thursday
			1
5 <b>Labor Day Holiday</b> <i>Head Start Closed</i>	6 <u>Breakfast:</u> Cheerios (WG), peaches <u>Lunch:</u> Beef and bean burritos, corn, oranges <u>Snack:</u> Graham crackers, cheese sticks	7 <u>Breakfast:</u> Boiled eggs, bread (WG), mandarin oranges <u>Lunch:</u> Tuna salad, bread(WG), melon, snap peas <u>Snack:</u> Apples, Sun Butter, Raisins	8 <u>Breakfast:</u> Bagels (WG), cream cheese, apricots <u>Lunch:</u> Hamburgers, buns (WG), apples, carrots <u>Snack:</u> Cottage cheese, Ritz crackers
12 <u>Breakfast:</u> Tortillas (WG), Sun Butter, bananas <u>Lunch:</u> Chili, saltines, apples, broccoli w/dip <u>Snack:</u> Tortilla chips, black bean corn salsa	13 <u>Breakfast:</u> Yogurt, granola, mandarin oranges <u>Lunch:</u> Sweet and sour meatballs, brown rice (WG), stir fry vegetables, pineapple <u>Snack:</u> Pretzels, hummus, cheese sticks	14 <u>Breakfast:</u> Oatmeal (WG), mixed berries <u>Lunch:</u> Noodle with Sun Butter sauce (WG), peas/carrots, oranges <u>Snack:</u> Animal crackers, apples	15 <u>Breakfast:</u> Chex cereal (WG), peaches <u>Lunch:</u> Fish tacos, fruity coleslaw, blueberries <u>Snack:</u> Turkey slices, Ritz crackers
19 <u>Breakfast:</u> Cheerios (WG), bananas <u>Lunch:</u> Turkey slices, bread (WG), cheese slices, carrot sticks, melon <u>Snack:</u> Gold Fish crackers, applesauce	20 <u>Breakfast:</u> Bagels, cream cheese, mangos <u>Lunch:</u> Sloppy joes on buns (WG), apples, salad w/ranch <u>Snack:</u> Pretzels, pineapple	21 <u>Breakfast:</u> Boiled eggs, bread (WG), fresh pears <u>Lunch:</u> Cheese pizza, strawberries, celery, hummus <u>Snack:</u> Yogurt, granola	22 <u>Breakfast:</u> Cream of Wheat (WG), mandarin oranges <u>Lunch:</u> Black bean burgers, buns (WG), blueberries, snap peas <u>Snack:</u> Wheat Thins (WG), hummus
26 <u>Breakfast:</u> Bagels (WG), cream cheese, fruit cocktail <u>Lunch:</u> Beef and bean burritos, broccoli, apples <u>Snack:</u> Celery, Sun Butter, cranberries	27 <u>Breakfast:</u> Cottage cheese, graham crackers, pineapple <u>Lunch:</u> Baked fish, brown rice (WG), strawberries, snap peas <u>Snack:</u> Cheesy fish crackers, applesauce	28 <u>Breakfast:</u> Scrambled eggs, bread (WG), blueberries <u>Lunch:</u> Turkey macaroni and cheese, celery, hummus, oranges <u>Snack:</u> Bean dip, Corn chips	29 <u>Breakfast:</u> Yogurt, granola, mandarin oranges <u>Lunch:</u> Chicken alfredo, garlic toast (WG), carrot sticks, nectarines <u>Snack:</u> Animal crackers, strawberries

WG = whole grain

1% milk served with all meals

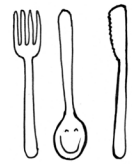
Menu is subject to change





# Child Start Inc. Head Start Menu

## October 2022 Breakfast/Lunch/Snack



Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p><u>Breakfast:</u> Cheerios (WG), bananas</p> <p><u>Lunch:</u> Chicken patty sandwich on bun (WG), oranges, celery w/dip</p> <p><u>Snack:</u> Graham crackers, applesauce</p>	<p>4</p> <p><u>Breakfast:</u> Cottage cheese, Wheat thin crackers (WG), peaches</p> <p><u>Lunch:</u> Macaroni and cheese w/ ham, snap peas, apples</p> <p><u>Snack:</u> Pretzels, hummus, carrot sticks</p>	<p>5</p> <p><u>Breakfast:</u> Yogurt, granola, pineapple</p> <p><u>Lunch:</u> Goulash, rolls (WG), green beans, blueberries</p> <p><u>Snack:</u> Bagels (WG), cream cheese, cucumbers</p>	<p>6</p> <p><u>Breakfast:</u> Boiled eggs, bread (WG), mixed berries</p> <p><u>Lunch:</u> Chicken salad, pita bread (WG), melon, broccoli w/dip</p> <p><u>Snack:</u> Gold Fish, mandarin oranges</p>
<p>10</p> <p><u>Breakfast:</u> Kix cereal (WG), bananas</p> <p><u>Lunch:</u> Turkey slices, pita bread (WG), oranges, snap peas</p> <p><u>Snack:</u> Apples, Sun Butter, raisins</p>	<p>11</p> <p><u>Breakfast:</u> Bagels (WG), cream cheese, peaches</p> <p><u>Lunch:</u> Chicken tacos, pears, bell peppers</p> <p><u>Snack:</u> Animal crackers, pears</p>	<p>12</p> <p><u>Breakfast:</u> Cream of Wheat (WG), blueberries</p> <p><u>Lunch:</u> Lentil soup, crackers, pineapple, cucumbers, hummus</p> <p><u>Snack:</u> Yogurt, graham crackers</p>	<p>13</p> <p><u>Breakfast:</u> Scrambled eggs, bread (WG), mandarin oranges</p> <p><u>Lunch:</u> Barbecued turkey, buns (WG), melon, corn</p> <p><u>Snack:</u> Broccoli w/dip, Ritz crackers</p>
<p>17</p> <p><u>Breakfast:</u> Oatmeal (WG), pineapple</p> <p><u>Lunch:</u> Chili, saltine crackers, melon, cucumbers</p> <p><u>Snack:</u> Animal crackers, oranges</p>	<p>18</p> <p><u>Breakfast:</u> Cheerios (WG), bananas</p> <p><u>Lunch:</u> Baked fish, brown rice (WG), mangos, green beans</p> <p><u>Snack:</u> Tortilla chips, orange bean dip</p>	<p>19</p> <p><u>Breakfast:</u> Yogurt, granola, mangos</p> <p><u>Lunch:</u> Chicken and brown rice enchiladas (WG), oranges, snap peas</p> <p><u>Snack:</u> Trail mix, cauliflower w/dip</p>	<p>20</p> <p><u>Breakfast:</u> Blueberry pancakes (WG), applesauce</p> <p><u>Lunch:</u> Tuna and noodles, peas &amp; carrots, pears, rolls (WG)</p> <p><u>Snack:</u> Gold Fish, apples</p>
<p>24</p> <p><u>Breakfast:</u> Bran flakes (WG), bananas</p> <p><u>Lunch:</u> Beef barley soup, crackers, oranges, cucumbers</p> <p><u>Snack:</u> Graham crackers, cheese sticks</p>	<p>25</p> <p><u>Breakfast:</u> Cottage cheese, bread (WG), mangos</p> <p><u>Lunch:</u> Beef picadillo, tortilla (WG), apples, carrots</p> <p><u>Snack:</u> Pretzels, pineapple</p>	<p>26</p> <p><u>Breakfast:</u> Boiled eggs, bread (WG), melon</p> <p><u>Lunch:</u> Cheese pizza (WG), blueberries, celery, hummus</p> <p><u>Snack:</u> Bagel (WG), cream cheese</p>	<p>27</p> <p><u>Breakfast:</u> Yogurt, granola, mixed berries</p> <p><u>Lunch:</u> Tuna salad, bread (WG), plums, broccoli w/dip</p> <p><u>Snack:</u> Wheat thins (WG), turkey slices</p>
<p>31</p> <p><u>Breakfast:</u> Waffles, applesauce</p> <p><u>Lunch:</u> Mediterranean tuna salad, pita bread (WG), oranges, cucumbers</p> <p><u>Snack:</u> Boiled eggs, Wheat thins (WG)</p>			

WG = whole grain

1% milk served with all meals

Menu is subject to change

### Monthly Nutrition Tip from the Health Office:

#### Choose Healthier Cereals

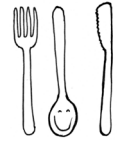
Look for cereals with 6 grams (or less!) of sugar and 3 grams (or more!) of fiber.

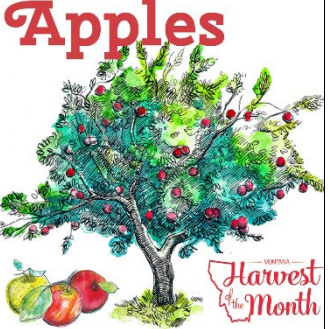




# Child Start Inc., Head Start

## November 2022 Breakfast/Lunch/Snack Menu



Monday	Tuesday	Wednesday	Thursday	
 <p><b>Apples</b></p> <p>Harvest of the Month</p>	1 <u>Breakfast:</u> Oatmeal (WG), peaches <u>Lunch:</u> Macaroni and cheese w/ turkey, snap peas, apples <u>Snack:</u> Pita, hummus, carrot sticks	2 <u>Breakfast:</u> Yogurt, granola, pineapple <u>Lunch:</u> Turkey bean soup, biscuits, melon, broccoli w/dip <u>Snack:</u> Bagels (WG), cream cheese, cucumbers	3 <u>Breakfast:</u> Scrambled eggs w/bell peppers, tortilla (WG), apples <u>Lunch:</u> Spaghetti, rolls (WG), green beans, plums <u>Snack:</u> Cheese sticks, mandarin oranges	
	7 <u>Breakfast:</u> Kix cereal, bananas <u>Lunch:</u> Lentil soup, Wheat Thins (WG), pineapple, cucumbers, hummus <u>Snack:</u> Yogurt, trail mix	8 <u>Breakfast:</u> Pumpkin pancakes (WG), applesauce <u>Lunch:</u> Chicken tacos, oranges, bell peppers <u>Snack:</u> Apples, Ritz crackers	9 <u>Breakfast:</u> Cottage cheese, graham crackers, peaches <u>Lunch:</u> Black bean burgers, bun (WG), melon, carrot sticks <u>Snack:</u> Boiled eggs, Gold fish	10 <u>Breakfast:</u> Cream of Wheat (WG), mixed berries <u>Lunch:</u> Fish sticks, couscous salad, kiwi <u>Snack:</u> Apples, yogurt dip
	14 <u>Breakfast:</u> Tortilla (WG), sun butter, banana <u>Lunch:</u> Chili, saltines, melon, broccoli w/dip <u>Snack:</u> Animal crackers, oranges	15 <u>Breakfast:</u> Bagel (WG), pineapple, cheese stick <u>Lunch:</u> Tuna pasta salad, pita bread(WG), apples, snap peas <u>Snack:</u> Wheat Thins (WG), bean dip	16 <u>Breakfast:</u> Boiled eggs, bread (WG), mixed berries <u>Lunch:</u> Sweet and sour meatballs, brown rice (WG), carrot apple salad, kiwi <u>Snack:</u> Apples, graham crackers	17 <u>Breakfast:</u> Cheerios (WG), mandarin oranges <u>Lunch:</u> Cheese pizza (WG), celery, hummus, blueberries <u>Snack:</u> Yogurt, pretzels
	21 <u>Breakfast:</u> Cheerios (WG), peaches <u>Lunch:</u> Egg salad, bread (WG), oranges, snap peas <u>Snack:</u> Graham crackers, sun butter	22 <u>Breakfast:</u> Yogurt, granola (WG), mangos <u>Lunch:</u> Goulash, garlic bread (WG), pears, edamame <u>Snack:</u> Pretzels, pineapple	23 <u>Breakfast:</u> Cream of Wheat (WG), blueberries <u>Lunch:</u> Roasted turkey, red potatoes, rolls (WG), carrot sticks, apples <u>Snack:</u> Pumpkin bread, cheese sticks	24 <b>NO SCHOOL THANKSGIVING HOLIDAY</b>
	28 <u>Breakfast:</u> Cottage cheese, mandarin oranges, graham crackers <u>Lunch:</u> Chicken patty, buns (WG), carrot sticks, melon <u>Snack:</u> Boiled eggs, pretzels	29 <u>Breakfast:</u> Pancakes (WG), applesauce <u>Lunch:</u> Fish tacos, fruity coleslaw, strawberries <u>Snack:</u> Ritz crackers, hummus	30 <u>Breakfast:</u> Mini Wheats (WG), bananas <u>Lunch:</u> Spaghetti, roll (WG), tossed salad w/dressing, oranges <u>Snack:</u> Gold fish, cauliflower w/dip	

WG = whole grain

1% milk served with all meals

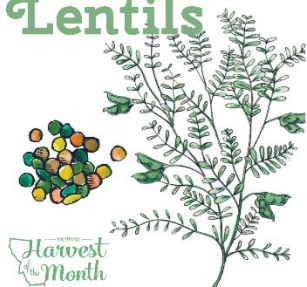
Menu is subject to change



# Child Start Inc., Head Start

## December 2022 Menu



Monday	Tuesday	Wednesday	Thursday
<p><b>Lentils</b></p>  <p>Harvest of the Month</p>			1
<p>5</p> <p><u>Breakfast:</u> Cheerios (WG), bananas <u>Lunch:</u> Beef and bean burritos, oranges, snap peas <u>Snack:</u> Cottage cheese, Ritz crackers</p>	<p>6</p> <p><u>Breakfast:</u> Yogurt, granola, mandarin oranges <u>Lunch:</u> Turkey stroganoff, roll (WG), kiwi, carrot sticks <u>Snack:</u> Animal crackers, cheese slices</p>	<p>7</p> <p><u>Breakfast:</u> Cream of Wheat (WG), mixed berries <u>Lunch:</u> Hamburgers, buns (WG), melon, crackers, broccoli w/dip <u>Snack:</u> Tortilla chips, Black bean corn salsa</p>	<p>8</p> <p><u>Breakfast:</u> Scrambled eggs, bread (WG), pears <u>Lunch:</u> Macaroni and cheese w/ham, cucumbers, apples <u>Snack:</u> Carrot bread, pineapple</p>
<p>12</p> <p><u>Breakfast:</u> Carrot raisin bread (WG), applesauce <u>Lunch:</u> Lentil soup, cornbread, fresh pears, cucumbers <u>Snack:</u> Bean dip, tortilla chips</p>	<p>13</p> <p><u>Breakfast:</u> Rice Krispies (WG), bananas <u>Lunch:</u> Chicken and brown rice enchiladas, oranges, broccoli <u>Snack:</u> Cheesy fish crackers, applesauce</p>	<p>14</p> <p><u>Breakfast:</u> Quesadilla (WG), salsa, bell peppers <u>Lunch:</u> Goulash, , melon, rolls (WG), green beans <u>Snack:</u> Graham crackers, cheese sticks</p>	<p>15</p> <p><u>Breakfast:</u> Cottage cheese, graham crackers, peaches <u>Lunch:</u> Chicken noodles, carrot sticks, apples <u>Snack:</u> Boiled eggs, Wheat Thins (WG)</p>
<p>19</p> <p><u>Breakfast:</u> Rice Chex, bananas <u>Lunch:</u> Chicken salad, pita bread (WG) , broccoli w/dip, melon <u>Snack:</u> Animal crackers, mandarin oranges</p>	<p>20</p> <p><u>Breakfast:</u> Yogurt, granola, mixed berries <u>Lunch:</u> Chili, saltines, corn, oranges <u>Snack:</u> Pretzels, lentil hummus, mixed fruit</p>	<p>21</p> <p><u>Breakfast:</u> Boiled eggs, bread (WG), fruit cocktail <u>Lunch:</u> Roast beef, red potatoes, roll (WG), apples, carrot sticks <u>Snack:</u> Bagels (WG), Sun Butter, peaches</p>	<p>22</p> <p><u>Breakfast:</u> Oatmeal (WG), blueberries <u>Lunch:</u> Egg salad sandwich, bread (WG), cucumbers, nectarines <u>Snack:</u> Graham crackers, cheese sticks</p>
<p>26</p> <p><b>WINTER</b></p>	<p>27</p> <p><b>BREAK</b></p>	<p>28</p> <p><b>NO</b></p>	<p>29</p> <p><b>SCHOOL</b></p>

WG = whole grain

1% milk served with all meals

Menu is subject to change

Classes resume Tuesday January 3, 2023



# Child Start Inc., Head Start

## January 2023 Menu



Monday	Tuesday	Wednesday	Thursday
2  <b>HOLIDAY NO SCHOOL</b>	3 <u>Breakfast:</u> Yogurt, granola, blueberries <u>Lunch:</u> Sweet and sour meatballs, brown rice (WG), pineapple, cucumbers <u>Snack:</u> Bagels (WG), cream cheese, peaches	4 <u>Breakfast:</u> Scrambled eggs, bread (WG), mixed berries <u>Lunch:</u> Fish tacos, mangos, green beans <u>Snack:</u> Hummus, carrot sticks, Ritz crackers	5 <u>Breakfast:</u> Tortillas (WG), sun butter, mandarin oranges <u>Lunch:</u> Chili, cornbread, melon, cauliflower w/dip <u>Snack:</u> Trail mix, turkey slices
9 <u>Breakfast:</u> Rice Krispies (WG), bananas <u>Lunch:</u> Egg salad, bread (WG), apples, carrot sticks <u>Snack:</u> Tortilla chips, black bean corn salsa	10 <u>Breakfast:</u> Cottage cheese, graham crackers, pineapple <u>Lunch:</u> Hamburgers, buns (WG), oranges, snap peas <u>Snack:</u> Cauliflower w/dip, Wheat Thins (WG)	11 <u>Breakfast:</u> Banana bread, applesauce <u>Lunch:</u> Beef barley soup, garlic toast (WG), melon, broccoli w/dip <u>Snack:</u> Cheesy fish crackers, blueberries	12 <u>Breakfast:</u> Bagels (WG), cream cheese, apricots <u>Lunch:</u> Spaghetti, kiwi, corn, rolls (WG) <u>Snack:</u> Yogurt, animal crackers
16 <b>MLK HOLIDAY</b> Head Start Closed	17 <u>Breakfast:</u> Yogurt, granola, mandarin oranges <u>Lunch:</u> Lentil soup, apples, cheese slices, Ritz crackers, carrot sticks <u>Snack:</u> Hummus, pita bread	18 <u>Breakfast:</u> Cheerios (WG), bananas <u>Lunch:</u> Sloppy Joes, rolls (WG), oranges, broccoli w/dip <u>Snack:</u> Animal crackers, pineapple	19 <u>Breakfast:</u> Scrambled eggs, tortilla (WG), mixed berries <u>Lunch:</u> Fish sticks, bread (WG), melon, cucumbers <u>Snack:</u> Wheat Thins (WG), cheese stick
23 <u>Breakfast:</u> Tortillas (WG), Sun Butter, banana <u>Lunch:</u> Macaroni and cheese, hummus, celery, apples <u>Snack:</u> Pretzels, oranges	24 <u>Breakfast:</u> Yogurt, granola, blueberries <u>Lunch:</u> Turkey slices, bread (WG), kiwi, carrot sticks <u>Snack:</u> Animal crackers, cheese sticks	25 <u>Breakfast:</u> Bagels (WG), cream cheese, peaches <u>Lunch:</u> Beef and bean burritos, oranges, broccoli w/dip <u>Snack:</u> Cottage cheese, Ritz crackers	26 <u>Breakfast:</u> Cheerios (WG), mandarin oranges <u>Lunch:</u> Chicken noodle soup, melon, crackers, cheese sticks, snap peas <u>Snack:</u> Tortilla chips, salsa
30 <u>Breakfast:</u> Frosted Mini Wheats (WG), banana <u>Lunch:</u> Egg salad, pita bread (WG), snap peas, oranges <u>Snack:</u> Gold fish cracker (WG), blueberries	31 <u>Breakfast:</u> Boiled eggs, bread (WG), mangos <u>Lunch:</u> Sweet and sour chicken, brown rice (WG), pineapple, cucumbers <u>Snack:</u> Broccoli w/dip, Wheat Thins (WG)		

WG = whole grain

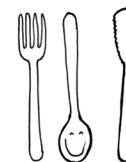
1% milk served with all meals

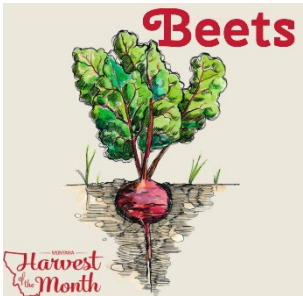
Menu is subject to change



# Child Start Inc., Head Start

## February 2023 Breakfast/Lunch/Snack Menu



Monday	Tuesday	Wednesday	Thursday
		<p style="text-align: right;">1</p> <p><u>Breakfast:</u> Tortilla (WG), Sun Butter, fruit cocktail  <u>Lunch:</u> Meatloaf, roll (WG), apples, beets  <u>Snack:</u> Animal crackers, string cheese</p>	<p style="text-align: right;">2</p> <p><u>Breakfast:</u> Bagel (WG), cream cheese, peaches  <u>Lunch:</u> Macaroni and cheese w/ham, oranges, snap peas  <u>Snack:</u> Tortilla chips, salsa</p>
<p style="text-align: right;">6</p> <p><u>Breakfast:</u> Cheerios (WG) bananas  <u>Lunch:</u> Beef and bean burritos, snap peas, melon  <u>Snack:</u> Pretzels, turkey slices</p>	<p style="text-align: right;">7</p> <p><u>Breakfast:</u> Blueberry muffins (WG), fruit cocktail  <u>Lunch:</u> Sweet and sour chicken, brown rice (WG), blueberries, carrot sticks  <u>Snack:</u> Trail mix, peaches</p>	<p style="text-align: right;">8</p> <p><u>Breakfast:</u> Yogurt, granola, mangos  <u>Lunch:</u> Tuna bean pasta salad, wheat thins (WG), oranges, cucumbers, hummus  <u>Snack:</u> Fruity salsa, tortilla chips</p>	<p style="text-align: right;">9</p> <p><u>Breakfast:</u> Beet pancakes, applesauce  <u>Lunch:</u> Hamburgers, buns (WG), apples, broccoli w/dip  <u>Snack:</u> Cottage cheese, mandarin oranges</p>
<p style="text-align: right;">13</p> <p><u>Breakfast:</u> Tortilla (WG), bananas, Sun Butter  <u>Lunch:</u> Chili, corn chips, oranges, tossed salad  <u>Snack:</u> Wheat Thins (WG), cheese sticks</p>	<p style="text-align: right;">14</p> <p><u>Breakfast:</u> Frosted mini-wheats (WG), apricots  <u>Lunch:</u> Macaroni and cheese w/turkey, apples, celery, hummus  <u>Snack:</u> Celery, cream cheese, cranberries</p>	<p style="text-align: right;">15</p> <p><u>Breakfast:</u> Cottage cheese, graham crackers, peaches  <u>Lunch:</u> Chicken patty, bun (WG), green beans, blueberries  <u>Snack:</u> Yogurt, animal crackers</p>	<p style="text-align: right;">16</p> <p><u>Breakfast:</u> Boiled eggs, bread (WG), oranges  <u>Lunch:</u> Beef barley soup, Ritz crackers, carrot sticks, melon  <u>Snack:</u> Pita bread (WG), hummus, carrot sticks</p>
<p style="text-align: right;">20</p> <p style="text-align: center;"><b>PRESIDENT'S DAY</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p style="text-align: right;">21</p> <p><u>Breakfast:</u> Yogurt, granola, mandarin oranges  <u>Lunch:</u> Turkey slices, bread (WG), kiwi, snap peas  <u>Snack:</u> Cheesy fish crackers, blueberries</p>	<p style="text-align: right;">22</p> <p><u>Breakfast:</u> Scrambled eggs, tortilla (WG), mangos  <u>Lunch:</u> Beef taco salad, tortilla chips, oranges  <u>Snack:</u> Cheese sticks, apples</p>	<p style="text-align: right;">23</p> <p><u>Breakfast:</u> Cheerios (WG), mixed berries  <u>Lunch:</u> Fish taco, fruity coleslaw, apples  <u>Snack:</u> Boiled eggs, animal crackers</p>
<p style="text-align: right;">27</p> <p><u>Breakfast:</u> Cheerios (WG), peaches  <u>Lunch:</u> Tuna salad, pita (WG), cucumbers, oranges  <u>Snack:</u> Orange Bean Dip, corn chips</p>	<p style="text-align: right;">28</p> <p><u>Breakfast:</u> Boiled eggs, bread (WG), oranges  <u>Lunch:</u> Sautéed tofu (WG), steamed broccoli, pineapple  <u>Snack:</u> Pretzels, beet hummus</p>		

WG = whole grain

1% milk served with all meals

Menu is subject to change





# Child Start Inc., Head Start

## March 2023 Menu



Monday	Tuesday	Wednesday	Thursday
 <p><b>Grains</b> Harvest of the Month</p>		<p>1 <u>Breakfast:</u> Yogurt, granola, mixed berries <u>Lunch:</u> Chicken noodles, biscuits (WG), corn, melon <u>Snack:</u> Applesauce, graham crackers</p>	<p>2 <u>Breakfast:</u> Bagels (WG), cream cheese, peaches <u>Lunch:</u> Green eggs and ham, bread (WG), strawberries, carrots sticks <u>Snack:</u> Cheesy fish crackers, apricots</p>
<p>6 <u>Breakfast:</u> Rice Krispies (WG), bananas <u>Lunch:</u> Turkey macaroni and cheese, melon, cauliflower w/dip <u>Snack:</u> Pretzels, hummus</p>	<p>7 <u>Breakfast:</u> Cottage cheese, mangos, graham crackers <u>Lunch:</u> Spaghetti, green beans, rolls (WG), oranges, <u>Snack:</u> Yogurt, granola</p>	<p>8 <u>Breakfast:</u> Tortilla (WG), banana, sun butter <u>Lunch:</u> Fish tacos, apples, tropical bean salad <u>Snack:</u> Cheese sticks, trail mix</p>	<p>9 <u>Breakfast:</u> Blueberry pancakes, applesauce <u>Lunch:</u> Chicken alfredo, garlic toast (WG), strawberries, carrot sticks <u>Snack:</u> Animal crackers, fresh fruit</p>
<p>13 <u>Breakfast:</u> Cream of Wheat (WG), mixed berries <u>Lunch:</u> Tuna noodle casserole, peas &amp; carrots, oranges, roll (WG) <u>Snack:</u> Gold fish, apples</p>	<p>14 <u>Breakfast:</u> Boiled eggs, bread (WG), blueberries <u>Lunch:</u> Beef tacos, plums, cucumbers <u>Snack:</u> Cottage cheese, Ritz crackers</p>	<p>15 <u>Breakfast:</u> Yogurt, granola, mandarin oranges <u>Lunch:</u> Sweet and sour chicken, brown rice (WG), pineapple, snap peas <u>Snack:</u> Bagels (WG), cream cheese, mangos</p>	<p>16 <u>Breakfast:</u> Frosted Mini Wheats (WG), peaches <u>Lunch:</u> Corn beef and cabbage, roll (WG), carrot sticks, apples <u>Snack:</u> Quesadilla (WG), salsa</p>
<p>20 <b>SPRING</b></p>	<p>21 <b>BREAK</b></p>	<p>22 <b>NO</b></p>	<p>23 <b>CLASSES</b></p>
<p>27 <u>Breakfast:</u> Kix cereal, peaches <u>Lunch:</u> Hamburgers on buns (WG), cucumbers, oranges <u>Snack:</u> Pretzels, cheese sticks</p>	<p>28 <u>Breakfast:</u> Bagels (WG), cream cheese, apricots <u>Lunch:</u> Turkey slices, bread (WG), carrot sticks, bananas <u>Snack:</u> Animal crackers, applesauce</p>	<p>29 <u>Breakfast:</u> Yogurt, granola, mango <u>Lunch:</u> Fish patty, bun (WG), cauliflower w/dip, oranges <u>Snack:</u> Boiled eggs, Ritz crackers</p>	<p>30 <u>Breakfast:</u> Cottage cheese, graham crackers, fruit cocktail <u>Lunch:</u> Chili, cornbread, broccoli w/dip, kiwi <u>Snack:</u> Pita bread (WG), hummus, bell peppers</p>

WG = whole grain

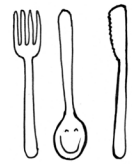
1% milk served with all meals

Menu is subject to change



# Child Start Inc., Head Start

## April 2023 Breakfast/Lunch/Snack Menu



Monday	Tuesday	Wednesday	Thursday
<p style="text-align: right;">3</p> <p><u>Breakfast:</u> Oatmeal (WG), peaches <u>Lunch:</u> Chicken patty, bun (WG), snap peas, oranges <u>Snack:</u> Graham crackers, applesauce</p>	<p style="text-align: right;">4</p> <p><u>Breakfast:</u> Corn Chex (WG), bananas <u>Lunch:</u> Baked fish, brown rice (WG), strawberries, chickpeas and tomatoes <u>Snack:</u> Sliced cheese, wheat thin crackers (WG)</p>	<p style="text-align: right;">5</p> <p><u>Breakfast:</u> Boiled eggs, bread (WG), blueberries <u>Lunch:</u> Chicken salad, pita bread (WG), kiwi, carrot sticks <u>Snack:</u> Cheesy fish crackers, cottage cheese</p>	<p style="text-align: right;">6</p> <p><u>Breakfast:</u> Yogurt, granola, mangos <u>Lunch:</u> Sloppy joes, buns (WG), apples, broccoli w/dip <u>Snack:</u> Pretzels, hummus</p>
<p style="text-align: right;">10</p> <p style="text-align: center;"><b>EASTER MONDAY NO SCHOOL</b></p>	<p style="text-align: right;">11</p> <p><u>Breakfast:</u> Cheerios (WG), peaches <u>Lunch:</u> Meatball sand. on bun (WG), apples, corn <u>Snack:</u> Bagels (WG), cream cheese, cucumbers</p>	<p style="text-align: right;">12</p> <p><u>Breakfast:</u> Cottage cheese, graham crackers, pineapple <u>Lunch:</u> Ham slices on bread (WG), broccoli, melon <u>Snack:</u> Banana bread, strawberries</p>	<p style="text-align: right;">13</p> <p><u>Breakfast:</u> Boiled eggs, bread (WG), pears <u>Lunch:</u> Chili, cornbread, kiwi, cauliflower <u>Snack:</u> Yogurt, granola</p>
<p style="text-align: right;">17</p> <p><u>Breakfast:</u> Tortilla (WG), Sun Butter, banana <u>Lunch:</u> Pineapple chicken, brown rice (WG), plums, green beans <u>Snack:</u> Boiled eggs, pretzels</p>	<p style="text-align: right;">18</p> <p><u>Breakfast:</u> Frosted mini-wheats (WG), bananas <u>Lunch:</u> Tuna bean pasta salad, apples, crackers, carrot sticks <u>Snack:</u> Animal crackers, yogurt</p>	<p style="text-align: right;">19</p> <p><u>Breakfast:</u> Cottage cheese, mandarin oranges, graham crackers <u>Lunch:</u> Cheese burgers, buns (WG), pineapple, cucumbers <u>Snack:</u> Turkey slices, Ritz crackers</p>	<p style="text-align: right;">20</p> <p><u>Breakfast:</u> Cream of Wheat (WG), mixed berries <u>Lunch:</u> Beef barley soup, oranges, broccoli, biscuits (WG) <u>Snack:</u> Apples, sun butter, raisins</p>
<p style="text-align: right;">24</p> <p><u>Breakfast:</u> Kix (WG), banana <u>Lunch:</u> Egg salad, bread (WG), apples, broccoli w/dip <u>Snack:</u> Corn chips, black bean corn salsa</p>	<p style="text-align: right;">25</p> <p><u>Breakfast:</u> Quesadilla (WG), salsa, peaches <u>Lunch:</u> Spaghetti, oranges, green beans, breadsticks (WG) <u>Snack:</u> Celery, sun butter, cranberries</p>	<p style="text-align: right;">26</p> <p><u>Breakfast:</u> Bagels (WG), cream cheese, mangos <u>Lunch:</u> Chicken noodle soup, saltines, melon, snap peas <u>Snack:</u> Cheese sticks, pretzels</p>	<p style="text-align: right;">27</p> <p><u>Breakfast:</u> Yogurt, granola, mandarin oranges <u>Lunch:</u> Fish sticks, bread (WG), strawberries, carrot sticks <u>Snack:</u> Animal crackers, fresh mixed fruit</p>

WG = whole grain

1% milk served with all meals

Menu is subject to change

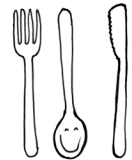






# Child Start Inc., Head Start

## May 2023 Breakfast/Lunch/Snack Menu



Monday	Tuesday	Wednesday	Thursday
1 <u>Breakfast:</u> Bagels (WG), cream cheese, peaches <u>Lunch:</u> Tuna salad, bread (WG), oranges, cucumbers <u>Snack:</u> Yogurt, trail mix	2 <u>Breakfast:</u> Scrambled eggs, tortilla (WG), bell peppers <u>Lunch:</u> Beef and bean burritos, kiwi, broccoli <u>Snack:</u> Pita bread (WG), hummus, carrot sticks	3 <u>Breakfast:</u> Corn Chex (WG), bananas <u>Lunch:</u> Sweet and sour chicken, brown rice (WG), apples, stir fry vegetables <u>Snack:</u> Graham crackers, apples	4 <u>Breakfast:</u> Pancakes (WG), applesauce <u>Lunch:</u> Turkey macaroni and cheese, snap peas, melon <u>Snack:</u> Cheesy fish crackers, blueberries
8 <u>Breakfast:</u> Cheerios (WG), banana <u>Lunch:</u> Cheese pizza (WG), cucumbers, hummus, oranges <u>Snack:</u> Celery, sun butter, cranberries	9 <u>Breakfast:</u> Oatmeal (WG), apricots <u>Lunch:</u> Tuna bean pasta salad, wheat thins (WG), cauliflower w/dip, apples <u>Snack:</u> Pretzels, cheese sticks	10 <u>Breakfast:</u> Yogurt, granola, peaches <u>Lunch:</u> Hamburgers, buns (WG), carrots, pineapple <u>Snack:</u> Fresh pears, Animal crackers	11 <u>Breakfast:</u> Bagels (WG), cream cheese, mangos <u>Lunch:</u> Beef taco salad, corn chips, strawberries <u>Snack:</u> Turkey slices, Ritz crackers
15 <u>Breakfast:</u> Frosted Mini Wheats (WG), banana <u>Lunch:</u> Lentil soup, cheese sticks, cornbread, oranges, cucumbers <u>Snack:</u> Chips, black bean corn salsa	16 <u>Breakfast:</u> Quesadilla (WG), salsa, blueberries <u>Lunch:</u> Fish tacos, strawberries, fruity Cole slaw <u>Snack:</u> Boiled eggs, Ritz	17 <u>Breakfast:</u> Cottage cheese, graham crackers, mandarin oranges <u>Lunch:</u> Great garden soup, rolls (WG), melon, corn <u>Snack:</u> Animal crackers, apple slices	18 <u>Breakfast:</u> Banana bread, applesauce <u>Lunch:</u> Sloppy joe, bun (WG), apples, carrot sticks <u>Snack:</u> Bagels (WG), cream cheese, pears
22 <u>Breakfast:</u> Kix (WG), bananas <u>Lunch:</u> Chicken patty, buns (WG), carrot sticks, melon <u>Snack:</u> Pretzels, mandarin oranges	23 <u>Breakfast:</u> Cream of Wheat (WG), strawberries <u>Lunch:</u> Sweet and sour bison meatballs, rice (WG), snap peas, oranges <u>Snack:</u> Bagels (WG), sun butter, mangos	24 <u>Breakfast:</u> Yogurt, granola, mixed berries <u>Lunch:</u> Egg salad, bread (WG), cucumbers, apples <u>Snack:</u> Trail mix, broccoli w/dip	25 <u>Breakfast:</u> Tortilla (WG), sun butter, pineapple <u>Lunch:</u> Chicken BBQ sands, rolls (WG), strawberries, Cole slaw <u>Snack:</u> Hummus, cucumbers, Wheat Thins (WG)
29 <b>MEMORIAL DAY HOLIDAY</b>  <b>NO SCHOOL</b>	30 <u>Breakfast:</u> Cheerios (WG), peaches <u>Lunch:</u> Beef and bean burritos, broccoli w/dip, oranges <u>Snack:</u> Boiled eggs, Gold Fish	31 <u>Breakfast:</u> Cottage cheese, graham crackers, mangos <u>Lunch:</u> Fish sticks, tortilla (WG), fruity coleslaw, strawberries <u>Snack:</u> Pretzels, blueberries	<b>Bison</b>  Harvest of the Month

WG = whole grain

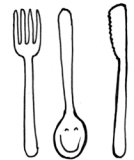
1% milk served with all meals

Menu is subject to change



# Child Start Inc., Head Start

## June 2023 Breakfast/Lunch/Snack Menu



Monday	Tuesday	Wednesday	Thursday
		1	2
		<u>Breakfast:</u> Corn Chex (WG), bananas <u>Lunch:</u> Sweet and sour chicken, brown rice (WG), apples, stir fry vegetables <u>Snack:</u> Graham crackers, apples	<u>Breakfast:</u> Pancakes (WG), applesauce <u>Lunch:</u> Turkey macaroni and cheese, snap peas, melon <u>Snack:</u> Cheesy fish crackers, blueberries
5	6	7	8
<u>Breakfast:</u> Cheerios (WG), banana <u>Lunch:</u> Cheese pizza (WG), cucumbers, hummus, oranges <u>Snack:</u> Celery, sun butter, cranberries	<u>Breakfast:</u> Oatmeal (WG), apricots <u>Lunch:</u> Tuna bean pasta salad, wheat thins (WG), cauliflower w/dip, apples <u>Snack:</u> Pretzels, cheese sticks	<u>Breakfast:</u> Yogurt, granola, peaches <u>Lunch:</u> Hamburgers, buns (WG), carrots, pineapple <u>Snack:</u> Fresh pears, Animal crackers	<u>Breakfast:</u> Bagels (WG), cream cheese, mangos <u>Lunch:</u> Turkey slices, rolls (WG), carrot sticks, oranges <u>Snack:</u> Yogurt pop, graham crackers  <p style="text-align: center;"><b>LAST DAY!</b></p>

WG = whole grain

1% milk served with all meals

Menu is subject to change

