

**Early Head Start**

**Menus**

**August**

**2021**

**AUGUST 4-6, 2021**

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| **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | |
| WG Blueberry Muffin – 1 each  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz | WG Waffle – 1 each  100% Fruit Juice ½ cup  1% Lowfat Milk 8 oz  Syrup Pack – 1 each | WG Cereal Choice ¾ cup  Orange Slices ¼ cup  1% Lowfat Milk 8 oz |
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| Pepperoni WG Pizza - 1 slice  Steamed Carrots ⅛ cup  Diced Mixed Fruit ⅛ cup  1% Lowfat Milk 8 oz | Meatball (1 ½ oz) Stew (¼ cup)  WG Roll 1 oz  Mashed Potatoes ⅛ cup  Diced Mandarin Oranges ⅛ cup  1% Lowfat Milk 8 oz | Corn Nacho Tortilla Chips 2 oz  Nacho Cheese Sauce 2 oz  Chopped Broccoli & Cheese ⅛ cup  Diced Pears ⅛cup  1% Lowfat Milk 8 oz |
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| WG Cinn. Graham Crackers 1 oz  Diced Peaches ½ cup  Water | Cheese ½ oz WG Quesadilla - ½  Fresh Banana Slices ½ cup  Water | Cheddar Cheese Stick, 1 oz  Fresh Apple Slices ½ cup  Water |

**AUGUST 9-13, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| WG Breakfast Pizza – 1 each  Applesauce ¼ cup  1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cup  Fresh Chilled Peaches ¼ cup  1% Lowfat Milk 8 oz | Cheese Grits ¼ cup  Sausage Patty 1 oz  Diced Pears ¼ cup  1% Lowfat Milk 8 oz | Sausage WG Biscuit – 1 each  100% Fruit Juice ½ cup  1% Lowfat Milk 8 oz  Jelly Pack – 1 each | WG Cinnamon Roll– 1 each  Fresh Pear Slices ¼ cup  1% Lowfat Milk 8 oz |
| **Lunch** | | | | |
| Red Beans & Diced Sausage (1 oz)  Brown Rice ¼ cup  Mustard Greens ⅛ cup  Diced Pears ⅛ cup  1% Lowfat Milk 8 oz | Chicken Nuggets 5 each  Tater Tots ⅛ cup  Diced Peaches ⅛ cup  1% Lowfat Milk 8 oz | Chili (2oz) w/Cheese  Creamed Corn ⅛ cup  Fresh Apple Slices ⅛ cup  WG Cornbread 1 oz  1% Lowfat Milk 8 oz | Chicken (1oz) WG Sandwich - ½  French Fries ⅛ cup  Diced Mixed Fruit ⅛ cup  1% Lowfat Milk 8 oz | Cheese WG Pizza, ½ slice  Green Beans ⅛ cup  Diced Peaches ⅛ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| WG Graham Crackers 1 oz  Diced Peaches ½ cup  Water | WG Goldfish Crackers 1 oz  Diced Pears ½ cup  Water | Cucumber Slices w/Ranch ½ cup  WG Goldfish Crackers 1oz  Water | WG Animal Crackers 1 oz  Fresh Banana Slices ½ cup  Water | WG Cereal Choice  1% Lowfat Milk 8 oz  Water |

**AUGUST 16-20, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| WG Blueberry Muffin – 1/2 each  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz | Chicken WG Biscuit – 1/2 each  100% Fruit Juice ½ cup  1% Lowfat Milk 8 oz  Jelly Pack – 1 each | WG Oatmeal ¼ cup  Craisins Pack ½ cup  1% Lowfat Milk 8 oz | WG Pancakes– 1 each  Applesauce ¼ cup  1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cup  Diced Peaches ¼ cup  1% Lowfat Milk 8 oz |
| **Lunch** | | | | |
| Sausage w/Tomato Gravy 1½ oz  Steamed Rice ¼ cup  Chopped Broccoli & Cheese ⅛ cup  Diced Pears ⅛ cup  1% Lowfat Milk 8 oz | Baked Chicken Drumstick – 2 oz  Rice Dressing ¼ cup  Baked Beans ⅛ cup  Diced Mixed Fruit ⅛ cup  1% Lowfat Milk 8 oz | Cheese (1 oz) Calzone ½  Creamed Corn ⅛ cup  Diced Mandarin Oranges ⅛ cup  1% Lowfat Milk 8 oz | Corndog Nuggets – 3 each  Potato Rounds ⅛ cup  Diced Pears ⅛ cup  1% Lowfat Milk 8 oz | Chicken Stew – 2 oz  Brown Rice ¼ cup  California Veggie Blend ⅛ cup  Diced Mixed Fruit ⅛ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| Mozzarella Stick, 1 oz  Fresh Apple Slices ½ cup  Water | Soft Pretzel Sticks 1oz  Diced Mixed Fruit ½ cup  Water | Boiled Egg, ½  Fresh Apple Slices ½ cup  Water | WG Cinn. Graham Crackers 1 oz  Diced Peaches ½ cup  Water | WG Goldfish Crackers 1 oz  Assorted 100% Fruit Juice 4 oz  Water |

**AUGUST 23-27, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| WG French Toast Stick – 2 each  Fresh Apple Slices ¼ cup  1% Lowfat Milk 8 oz  Syrup Pack – 1 each | WG Breakfast Pizza – 1 each  Orange Slices ¼ cup  1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cup  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz | WG Pancake Pup – 1 each  100% Fruit Juice ½ cup  1% Lowfat Milk 8 oz  Syrup Pack – 1 each | WG Waffle– 1 each  Fresh Banana Slices ¼ cup  1% Lowfat Milk 8 oz  Syrup Pack – 1 each |
| **Lunch** | | | | |
| Spaghetti & Meatsauce ⅔ cup  Mixed Vegetables ⅛ cup  Diced Pears ⅛ cup  1% Lowfat Milk 8 oz | WG Fish Patty (1oz) Sandwich - ½  Sliced Carrots ⅛ cup  Diced Mixed Fruit ⅛ cup  1% Lowfat Milk 8 oz | Steak Fingers (4 ea) w/ Gravy  Mashed Potatoes ⅛ cup  Green Beans ⅛ cup  1% Lowfat Milk 8 oz | Grilled Cheese (1 oz) WG Sandwich ½ French Fries ⅛ cup  Fresh Apple Slices ⅛ cup  1% Lowfat Milk 8 oz | Sloppy Joe ⅜ cup WG Sandwich  Potato Rounds ⅛ cup  Diced Peaches ⅛ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| Lowfat Vanilla Yogurt ¼ cup  Diced Peaches ½ cup  Water | Cucumber Slices w/Ranch ½ cup  WG Goldfish Crackers 1oz  Water | Mozzarella Stick, 1 oz  Fresh Banana Slices ½ cup  Water | Cheese ½ oz Quesadilla - ½  Fresh Orange Slices ½ cup  Water | WG Goldfish Crackers 1 oz  Fresh Banana Slices ½ cup  Water |

**AUGUST 30 - Sep 3, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| WG Breakfast Pizza – 1 each  Applesauce ¼ cup  1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cup  Fresh Chilled Peaches ¼ cup  1% Lowfat Milk 8 oz | Cheese Grits ¼ cup  Sausage Patty 1 oz  Diced Pears ¼ cup  1% Lowfat Milk 8 oz | Sausage WG Biscuit – 1 each  100% Fruit Juice ½ cup  1% Lowfat Milk 8 oz  Jelly Pack – 1 each | WG Cinnamon Roll– 1 each  Fresh Pear Slices ¼ cup  1% Lowfat Milk 8 oz |
| **Lunch** | | | | |
| Red Beans & Sausage (2 oz)  Brown Rice ¼ cup  Mustard Greens ⅛ cup  Diced Pears ⅛ cup  1% Lowfat Milk 8 oz | Chicken Nuggets 5 each  Tater Tots ⅛ cup  Diced Peaches ⅛ cup  1% Lowfat Milk 8 oz | Chili (2oz) w/Cheese  Creamed Corn ⅛ cup  Diced Apple Slices ⅛ cup  WG Cornbread 1 oz  1% Lowfat Milk 8 oz | Chicken (1oz) WG Sandwich ½  French Fries ⅛ cup  Diced Mixed Fruit ⅛ cup  1% Lowfat Milk 8 oz | Cheese WG Pizza, ½  Green Beans ⅛ cup  Diced Peaches ⅛ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| WG Graham Crackers 1 oz  Diced Peaches ½ cup  Water | WG Goldfish Crackers 1 oz  Diced Pears ½ cup  Water | Cucumber Slices w/Ranch ½ cup  WG Goldfish Crackers 1oz  Water | WG Animal Crackers 1 oz  Fresh Banana Slices ½ cup  Water | WG Cereal Choice  1% Lowfat Milk 8 oz  Water |

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