

**Head Start**

**Menus**

**September**

**2021**

**SEPTEMBER 6-10, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| **Labor Day** | WG Blueberry Muffin – 1 each  Mixed Fruit ½ cup  1% Lowfat Milk 8 oz | WG Oatmeal ½ cup  Banana Slices ½ cup  1% Lowfat Milk 8 oz | WG Waffles – 1 each  100% Fruit Juice ½ cup  1% Lowfat Milk 8 oz  Syrup Pack – 1 each | WG Biscuit w/Jelly – 1 each  Diced Peaches ½ cup  1% Lowfat Milk 8 oz |
| **Lunch** | | | | |
| **Labor Day** | Pepperoni Pizza - 1 slice  Steamed Carrots ¼ cup  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz | Macaroni & Cheese ½ cup  Mixed Vegetables ¼ cup  Diced Pears ¼ cup  1% Lowfat Milk 8 oz | Meatloaf w/ Gravy 2 oz  Mashed Potatoes  Mandarin Oranges ¼ cup  1% Lowfat Milk 8 oz | Hamburger on Bun 1 each  Potato Rounds ¼ cup  Chilled Peaches ¼ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| **Labor Day** | WG Graham Crackers 1 oz  Diced Peaches ½ cup  Water | Lowfat Vanilla Yogurt ¼ cup  Chilled Peaches ½ cup  Water | Cheese ½ oz Quesadilla - ½  Banana Slices ½ cup  Water | Boiled Egg, ½  Apple Slices ½ cup  Water |

**SEPTEMBER 13-17, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| WG Breakfast Pizza – 1 each  Applesauce ½ cup  1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cup  Fresh Chilled Peaches ½ cup  1% Lowfat Milk 8 oz | Cheese Grits ¼ cup  Sausage Patty 1 oz  Diced Pears ½ 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 ½ cup  1% Lowfat Milk 8 oz |
| **Lunch** | | | | |
| Red Beans & Sausage (2 oz)  Brown Rice ¼ cup  Mustard Greens ¼ cup  Diced Pears ¼ cup  1% Lowfat Milk 8 oz | Chicken Nuggets 5 each  Tater Tots ¼ cup  Chilled Peaches ¼ cup  1% Lowfat Milk 8 oz | Chili (2oz) w/Cheese  Seasoned Corn ¼ cup  Apple Slices ¼ cup  WG Cornbread 1 oz  1% Lowfat Milk 8 oz | Chicken Sandwich 1 each  Sliced Burger Bun 2 oz  French Fries ¼ cup  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz | Cheese WG Pizza, 1 slice  Green Beans ¼ cup  Sliced Peaches ¼ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| WG Graham Crackers 1 oz  Fresh Chilled Peaches ½ cup  Water | WG Goldfish Crackers 1 oz  Diced Pears ½ cup  Water | Carrot Sticks w/Ranch Dip ½ cup  WG Golfish Crackers 1oz  Water | WG Animal Crackers 1 oz  Fresh Banana Slices ½ cup  Water | WG Cereal Choice  1% Lowfat Milk 8 oz  Water |

**SEPTEMBER 20-24, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| WG Blueberry Muffin – 1 each  Mixed Fruit ½ cup  1% Lowfat Milk 8 oz | Chicken WG Biscuit – 1 each  100% Fruit Juice ½ cup  1% Lowfat Milk 8 oz  Jelly Pack – 1 each | WG Oatmeal ½ cup  Craisins Pack ½ cup  1% Lowfat Milk 8 oz | WG Pancakes– 1 each  Applesauce ½ cup  1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cup  Diced Peaches ½ cup  1% Lowfat Milk 8 oz |
| **Lunch** | | | | |
| Sausage w/Tomato Gravy 1½ oz  Steamed Rice ¼ cup  Broccoli & Cheese ¼ cup  Chilled Pears ¼ cup  1% Lowfat Milk 8 oz | Baked Chicken Drumstick – 2 oz  Rice Dressing ¼ cup  Baked Beans ¼ cup  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz | WG Cheese Pizza 1 slice  Steamed Corn ¼ cup  Mandarin Oranges ¼ cup  1% Lowfat Milk 8 oz | Hot Dog w/Chili - ½  Potato Rounds ¼ cup  Diced Pears ¼ cup  1% Lowfat Milk 8 oz | Chicken Stew – 2 oz  Rice ¼ cup  Baked Beans ¼ cup  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| Cheddar Cheese Stick, 1 oz  Apple Slices ½ cup  Water | Pretzel Sticks 1oz  Mixed Fruit ½ cup  Water | Boiled Egg, ½  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 |

**SEPTEMBER 27 – OCT 1, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| WG French Toast Stick – 1 each  Fresh Apple Slices ½ cup  1% Lowfat Milk 8 oz  Syrup Pack – 1 each | WG Breakfast Pizza – 1 each  Orange Slices ½ cup  1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cup  Mixed Fruit ½ 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 ½ cup  1% Lowfat Milk 8 oz  Syrup Pack – 1 each |
| **Lunch** | | | | |
| Spaghetti & Meatsauce ⅔ cup  Mixed Vegetables ¼ cup  Diced Pears ¼ cup  1% Lowfat Milk 8 oz | WG Fish Patty Sandwich 1 oz  Sliced Carrots ¼ cup  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz | Steak Fingers (4 ea) w/ Gravy  Steamed Rice ¼ cup  Green Beans ¼ cup  Chilled Peaches ¼ cup  1% Lowfat Milk 8 oz | Chicken Salad Sandwich ⅜ cup  French Fries ¼ cup  Fresh Banana Half ¼ cup  1% Lowfat Milk 8 oz | Sloppy Joe ⅜ cup WG Sandwich  Potato Rounds ¼ cup  Chilled Peaches ¼ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| Lowfat Vanilla Yogurt ¼ cup  Chilled Peaches ½ cup  Water | Cheese ½ oz Quesadilla - ½  Orange Slices ½ cup  Water | Cheddar Cheese Stick, 1 oz  Apple Slices ½ cup  Water | Carrot Sticks w/Ranch Dip ½ cup  WG Goldfish Crackers 1oz  Water | WG Goldfish Crackers 1 oz  Fresh Banana Slices ½ cup  Water |

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