

**Head Start**

**Menus**

**September**

**2021**

**SEPTEMBER 6-10, 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** |
| **Labor Day** | WG Blueberry Muffin – 1 each Mixed Fruit ½ cup1% Lowfat Milk 8 oz | WG Oatmeal ½ cupBanana Slices ½ cup1% Lowfat Milk 8 oz | WG Waffles – 1 each100% Fruit Juice ½ cup 1% Lowfat Milk 8 ozSyrup Pack – 1 each | WG Biscuit w/Jelly – 1 each Diced Peaches ½ cup1% Lowfat Milk 8 oz |
| **Lunch** |
| **Labor Day** | Pepperoni Pizza - 1 sliceSteamed Carrots ¼ cupMixed Fruit ¼ cup1% Lowfat Milk 8 oz | Macaroni & Cheese ½ cupMixed Vegetables ¼ cupDiced Pears ¼ cup1% Lowfat Milk 8 oz | Meatloaf w/ Gravy 2 ozMashed PotatoesMandarin Oranges ¼ cup1% Lowfat Milk 8 oz | Hamburger on Bun 1 eachPotato Rounds ¼ cupChilled Peaches ¼ cup1% Lowfat Milk 8 oz |
| **PM Snack** |
| **Labor Day** | WG Graham Crackers 1 ozDiced Peaches ½ cupWater | Lowfat Vanilla Yogurt ¼ cup Chilled Peaches ½ cupWater | Cheese ½ oz Quesadilla - ½ Banana Slices ½ cupWater | Boiled Egg, ½ Apple Slices ½ cupWater |

**SEPTEMBER 13-17, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** |
| WG Breakfast Pizza – 1 eachApplesauce ½ cup1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cupFresh Chilled Peaches ½ cup1% Lowfat Milk 8 oz | Cheese Grits ¼ cupSausage Patty 1 ozDiced Pears ½ cup1% Lowfat Milk 8 oz | Sausage WG Biscuit – 1 each100% Fruit Juice ½ cup1% Lowfat Milk 8 ozJelly Pack – 1 each | WG Cinnamon Roll– 1 eachFresh Pear Slices ½ cup1% Lowfat Milk 8 oz |
| **Lunch** |
| Red Beans & Sausage (2 oz)Brown Rice ¼ cupMustard Greens ¼ cupDiced Pears ¼ cup1% Lowfat Milk 8 oz | Chicken Nuggets 5 eachTater Tots ¼ cupChilled Peaches ¼ cup1% Lowfat Milk 8 oz | Chili (2oz) w/Cheese Seasoned Corn ¼ cupApple Slices ¼ cupWG Cornbread 1 oz1% Lowfat Milk 8 oz | Chicken Sandwich 1 eachSliced Burger Bun 2 ozFrench Fries ¼ cupMixed Fruit ¼ cup 1% Lowfat Milk 8 oz | Cheese WG Pizza, 1 sliceGreen Beans ¼ cupSliced Peaches ¼ cup1% Lowfat Milk 8 oz |
| **PM Snack** |
| WG Graham Crackers 1 ozFresh Chilled Peaches ½ cupWater | WG Goldfish Crackers 1 ozDiced Pears ½ cupWater | Carrot Sticks w/Ranch Dip ½ cupWG Golfish Crackers 1ozWater  | WG Animal Crackers 1 oz Fresh Banana Slices ½ cupWater | WG Cereal Choice1% Lowfat Milk 8 ozWater |

**SEPTEMBER 20-24, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** |
| WG Blueberry Muffin – 1 each Mixed Fruit ½ cup1% Lowfat Milk 8 oz | Chicken WG Biscuit – 1 each100% Fruit Juice ½ cup1% Lowfat Milk 8 ozJelly Pack – 1 each | WG Oatmeal ½ cupCraisins Pack ½ cup1% Lowfat Milk 8 oz | WG Pancakes– 1 eachApplesauce ½ cup1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cupDiced Peaches ½ cup1% Lowfat Milk 8 oz |
| **Lunch** |
| Sausage w/Tomato Gravy 1½ ozSteamed Rice ¼ cupBroccoli & Cheese ¼ cupChilled Pears ¼ cup1% Lowfat Milk 8 oz | Baked Chicken Drumstick – 2 ozRice Dressing ¼ cupBaked Beans ¼ cupMixed Fruit ¼ cup1% Lowfat Milk 8 oz | WG Cheese Pizza 1 slice Steamed Corn ¼ cupMandarin Oranges ¼ cup1% Lowfat Milk 8 oz  | Hot Dog w/Chili - ½ Potato Rounds ¼ cupDiced Pears ¼ cup1% Lowfat Milk 8 oz | Chicken Stew – 2 ozRice ¼ cupBaked Beans ¼ cupMixed Fruit ¼ cup1% Lowfat Milk 8 oz  |
| **PM Snack** |
| Cheddar Cheese Stick, 1 ozApple Slices ½ cupWater | Pretzel Sticks 1oz Mixed Fruit ½ cupWater | Boiled Egg, ½ Apple Slices ½ cupWater | WG Cinn. Graham Crackers 1 ozDiced Peaches ½ cupWater | WG Goldfish Crackers 1 ozAssorted 100% Fruit Juice 4 ozWater |

**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 cup1% Lowfat Milk 8 ozSyrup Pack – 1 each | WG Breakfast Pizza – 1 eachOrange Slices ½ cup1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cupMixed Fruit ½ cup1% Lowfat Milk 8 oz  | WG Pancake Pup – 1 each100% Fruit Juice ½ cup 1% Lowfat Milk 8 ozSyrup Pack – 1 each | WG Waffle– 1 eachFresh Banana ½ cup1% Lowfat Milk 8 ozSyrup Pack – 1 each |
| **Lunch** |
| Spaghetti & Meatsauce ⅔ cupMixed Vegetables ¼ cupDiced Pears ¼ cup1% Lowfat Milk 8 oz | WG Fish Patty Sandwich 1 ozSliced Carrots ¼ cup Mixed Fruit ¼ cup1% Lowfat Milk 8 oz  | Steak Fingers (4 ea) w/ GravySteamed Rice ¼ cup Green Beans ¼ cupChilled Peaches ¼ cup1% Lowfat Milk 8 oz | Chicken Salad Sandwich ⅜ cupFrench Fries ¼ cupFresh Banana Half ¼ cup1% Lowfat Milk 8 oz | Sloppy Joe ⅜ cup WG SandwichPotato Rounds ¼ cupChilled Peaches ¼ cup1% Lowfat Milk 8 oz |
| **PM Snack** |
| Lowfat Vanilla Yogurt ¼ cup Chilled Peaches ½ cupWater | Cheese ½ oz Quesadilla - ½ Orange Slices ½ cupWater | Cheddar Cheese Stick, 1 ozApple Slices ½ cupWater | Carrot Sticks w/Ranch Dip ½ cupWG Goldfish Crackers 1ozWater | WG Goldfish Crackers 1 ozFresh Banana Slices ½ cupWater |

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