

**September**

**2021**

**Early Head Start**

**Menus**

**SEPTEMBER 6-10, 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** |
| **Labor Day** | WG Blueberry Muffin – 1 each Diced Mixed Fruit ¼ cup1% Lowfat Milk 8 oz | WG Oatmeal ¼ cupFresh Banana 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 ¼ cup1% Lowfat Milk 8 oz |
| **Lunch** |
| **Labor Day** | Pepperoni WG Pizza - 1 sliceSteamed Carrots ⅛ cupDiced Mixed Fruit ⅛ cup1% Lowfat Milk 8 oz | WG Macaroni & Cheese ½ cupMixed Vegetables ⅛ cupDiced Pears ⅛ cup1% Lowfat Milk 8 oz | Meatloaf w/ Gravy 2 ozMashed Potatoes ⅛ cupDiced Mandarin Oranges ⅛ cup1% Lowfat Milk 8 oz | Hamburger on WW Bun 1 eachPotato Rounds ⅛ cupDiced Peaches ⅛ cup1% Lowfat Milk 8 oz |
| **PM Snack** |
| **Labor Day** | WG Graham Crackers 1 ozDiced Peaches ½ cupWater | Lowfat Vanilla Yogurt ¼ cup Fresh Banana Slices ½ cupWater | Cheese ½ oz Quesadilla - ½ Diced Peaches ½ cupWater | Boiled Egg, ½ FreshApple Slices ½ cupWater |

**SEPTEMBER 13-17, 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** |
| WG Cereal Choice ¾ cupDiced Peaches ¼ cup1% Lowfat Milk 8 oz | Chicken WG Biscuit – 1/2 each100% Fruit Juice ½ cup1% Lowfat Milk 8 ozJelly Pack – 1 each | WG Oatmeal ¼ cupCraisins Pack ½ cup1% Lowfat Milk 8 oz | WG Pancakes– 1 eachApplesauce ¼ cup1% Lowfat Milk 8 ozSyrup Pack – 1 each | WG Blueberry Muffin – 1/2 each Mixed Fruit ¼ cup1% Lowfat Milk 8 oz |
| **Lunch** |
| Chicken Stew – 2 ozBrown Rice ¼ cupCalifornia Veggie Blend ⅛ cupDiced Mixed Fruit ⅛ cup1% Lowfat Milk 8 oz | Baked Chicken Drumstick – 2 ozRice Dressing ¼ cupBaked Beans ⅛ cupDiced Mixed Fruit ⅛ cupSliced Wheat Bread – ½ 1% Lowfat Milk 8 oz | Cheese (1 oz) Calzone ½ Creamed Corn ⅛ cupDiced Mandarin Oranges ⅛ cup1% Lowfat Milk 8 oz  | Corndog Nuggets – 3 eachPotato Rounds ⅛ cupDiced Pears ⅛ cup1% Lowfat Milk 8 oz | Sausage w/Tomato Gravy 1½ ozBrown Rice ¼ cupChopped Broccoli & Cheese ⅛ cupDiced Pears ⅛ cup1% Lowfat Milk 8 oz |
| **PM Snack** |
| WG Goldfish Crackers 1 ozAssorted 100% Fruit Juice 4 ozWater | Soft Pretzel Sticks 1oz Diced Mixed Fruit ½ cupWater | Boiled Egg, ½ Fresh Apple Slices ½ cupWater | WG Cinn. Graham Crackers 1 ozDiced Peaches ½ cupWater | Mozzarella Stick, 1 ozFresh Apple Slices ½ cupWater |

**SEPTEMBER 20-24, 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** |
| WG Breakfast Pizza – 1 eachApplesauce ¼ cup1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cupDiced Peaches ¼ cup1% Lowfat Milk 8 oz | Cheese Grits ¼ cupSausage Patty 1 ozDiced Pears ¼ 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 ¼ cup1% Lowfat Milk 8 oz |
| **Lunch** |
| Red Beans & Sausage (2 oz)Brown Rice ¼ cupMustard Greens ⅛ cupDiced Pears ⅛ cup1% Lowfat Milk 8 oz | Chicken Nuggets 5 eachTater Tots ⅛ cupDiced Peaches ⅛ cup1% Lowfat Milk 8 oz | Chili (2oz) w/Cheese Creamed Corn ⅛ cupDiced Apple Slices ⅛ cupWG Cornbread 1 oz1% Lowfat Milk 8 oz | Chicken Sandwich on WW Bun ½ French Fries ⅛ cupDiced Mixed Fruit ⅛ cup 1% Lowfat Milk 8 oz | Cheese WG Pizza, ½ sliceGreen Beans ⅛ cupDiced Peaches ⅛ cup1% Lowfat Milk 8 oz |
| **PM Snack** |
| WG Graham Crackers 1 ozDiced Peaches ½ cupWater | WG Goldfish Crackers 1 ozDiced Pears ½ cupWater | Cucumber Slices w/Ranch ½ cupWG Goldfish Crackers 1ozWater  | WG Animal Crackers 1 oz Fresh Banana Slices ½ cupWater | WG Cereal Choice1% Lowfat Milk 8 ozWater |

**SEPTEMBER 27 – OCT 1, 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** |
| WG French Toast Stick – 2 each Fresh Apple Slices ¼ cup1% Lowfat Milk 8 ozSyrup Pack – 1 each | WG Breakfast Pizza – 1 eachFresh Orange Slices ¼ cup1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cupDiced Mixed Fruit ¼ 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 Slices ¼ cup1% Lowfat Milk 8 ozSyrup Pack – 1 each |
| **Lunch** |
| Spaghetti & Meatsauce ⅔ cupMixed Vegetables ⅛ cupDiced Pears ⅛ cupSlice Wheat Bread – ½ 1% Lowfat Milk 8 oz | WG Fish Patty (1oz) Sandwich - ½Sliced Carrots ⅛ cup Diced Mixed Fruit ⅛ cup1% Lowfat Milk 8 oz  | Steak Fingers (4 ea) w/ GravyMashed Potatoes ⅛ cup Green Beans ⅛ cup1% Lowfat Milk 8 oz | Grilled Cheese (1 oz) WG Sandwich ½ French Fries ⅛ cupFresh Banana Slices ⅛ cup1% Lowfat Milk 8 oz | Sloppy Joe ⅜ cup WG SandwichPotato Rounds ⅛ cupDiced Peaches ⅛ cup1% Lowfat Milk 8 oz |
| **PM Snack** |
| Lowfat Vanilla Yogurt ¼ cup Diced Peaches ½ cupWater | Cucumber Slices w/Ranch ½ cupWG Goldfish Crackers 1ozWater  | Mozzarella Stick, 1 ozFresh Pear Slices ½ cupWater | Cheese ½ oz Quesadilla - ½ Fresh Orange Slices ½ cupWater | WG Goldfish Crackers 1 ozFresh Banana Slices ½ cupWater |

**USDA Nondiscrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](https://www.ascr.usda.gov/how-file-program-discrimination-complaint) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer, and lender.