

**September**

**2021**

**Early Head Start**

**Menus**

**SEPTEMBER 6-10, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| **Labor Day** | WG Blueberry Muffin – 1 each  Diced Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz | WG Oatmeal ¼ cup  Fresh 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 ¼ cup  1% Lowfat Milk 8 oz |
| **Lunch** | | | | |
| **Labor Day** | Pepperoni WG Pizza - 1 slice  Steamed Carrots ⅛ cup  Diced Mixed Fruit ⅛ cup  1% Lowfat Milk 8 oz | WG Macaroni & Cheese ½ cup  Mixed Vegetables ⅛ cup  Diced Pears ⅛ cup  1% Lowfat Milk 8 oz | Meatloaf w/ Gravy 2 oz  Mashed Potatoes ⅛ cup  Diced Mandarin Oranges ⅛ cup  1% Lowfat Milk 8 oz | Hamburger on WW Bun 1 each  Potato Rounds ⅛ cup  Diced Peaches ⅛ 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  Fresh Banana Slices ½ cup  Water | Cheese ½ oz Quesadilla - ½  Diced Peaches ½ cup  Water | Boiled Egg, ½  FreshApple Slices ½ cup  Water |

**SEPTEMBER 13-17, 2021**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | | | | |
| WG Cereal Choice ¾ cup  Diced Peaches 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  Syrup Pack – 1 each | WG Blueberry Muffin – 1/2 each  Mixed Fruit ¼ cup  1% Lowfat Milk 8 oz |
| **Lunch** | | | | |
| Chicken Stew – 2 oz  Brown Rice ¼ cup  California Veggie Blend ⅛ cup  Diced Mixed Fruit 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  Sliced Wheat Bread – ½  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 | Sausage w/Tomato Gravy 1½ oz  Brown Rice ¼ cup  Chopped Broccoli & Cheese ⅛ cup  Diced Pears ⅛ cup  1% Lowfat Milk 8 oz |
| **PM Snack** | | | | |
| WG Goldfish Crackers 1 oz  Assorted 100% Fruit Juice 4 oz  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 | Mozzarella Stick, 1 oz  Fresh Apple Slices ½ cup  Water |

**SEPTEMBER 20-24, 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  Diced 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 Sandwich on WW Bun 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 |

**SEPTEMBER 27 – OCT 1, 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  Fresh Orange Slices ¼ cup  1% Lowfat Milk 8 oz | WG Cereal Choice ¾ cup  Diced 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  Slice Wheat Bread – ½  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 Banana 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 Pear 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 |

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