

Date: 9/15/25-9/19/25
Menu for: Head Start Extended Day

This institution is an equal opportunity provider. All milk served is 1% unflavored milk.

Condiments delivered weekly and served based on menu item: ketchup, mustard, mayo, ranch, pickles

	Monday	Tuesday	Wednesday	Thursday
Breakfast				
Entree Name			WG Overnight Oats	
Fruit or Vegetable	Diced Peaches WG General Mills	Banana	Diced Canned Pears	Blueberries
Grain or Meat/Meat Alt	Cheerios	WW English Muffin	See Entree Yami Lowfat Vanilla	WG Pancake
Extra		Egg Patty	Yogurt	Berry Sauce
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Hamburger on WW Bun	Mashed Bean & Cheese Burrito on WW Tortilla	Chicken Veggie Noodle Soup	Cheese Pizza
Fruit	Kiwi	Diced Frozen Mango	Sliced Apple	Sliced Pears, Fresh
Vegetable	Sweet Potato Fries	Spinach Salad	See Entree	Peas
Grain	See Entree	See Entree	WW Roll	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree
Extra		Shredded Carrots		
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		<u>WG General Mills</u> <u>Corn Chex Trail Mix</u> <u>with Dried Apple</u>	Quesadilla on WG Tortilla	
Fruit		Raisins		Kiwi
Vegetable	Celery	Cucumber	Sliced Bell Pepper	
Grain	Pita	See Entree	See Entree	Ritz Crackers
Meat/Meat Alt	Sunbutter		See Entree	Tuna
Extra				