

**Date:** 9/8/25-9/12/25

**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
<b>Breakfast</b>	<b>* Deliver Classroom Activity Apples</b>			
Entree Name		WG Overnight Oats		Diced Frozen Strawberries
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Cucumbers	WG General Mills Rice Chex
Grain or Meat/Meat Alt	WW English Muffin	See Entree Yami Lowfat Vanilla Yogurt	Ritz Crackers	
Extra Milk	Cream Cheese 1% Milk	1% Milk	Hard Boiled Eggs 1% Milk	1% Milk
<b>Lunch</b>				
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie Sauce	Mexican Inspired Chicken & Hominy Pozole	Southwest WG Brown Rice
Fruit	Kiwi	<b><u>Sliced Apple</u></b>	Diced Frozen Peaches	Diced Cantaloupe
Vegetable	Peas	Carrots	Shredded Cabbage	Avocado Half
Grain	WW Roll	WG Breadstick	WG Tortilla Chips	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs	See Entree	Black Beans
Extra Milk	1% Milk	Veggie Sauce 1% Milk	1% Milk	Shredded Cheese 1% Milk
<b>Snack (at least 2)</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>	<b>Served with Water</b>
Entree Name		Ants on a Log	Cottage Cheese Smoothie Bowl	
Fruit		Raisins	See Entree	
Vegetable	Broccoli	Celery		Carrots
Grain	WG Wheat Thins		WG General Mills Kix Cereal	Pretzels
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese
Extra			Raspberries	