

Date: 9/29/25-10/3/25
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			Breakfast Taco with WW Tortilla	Sunbutter Smoothie
Fruit or Vegetable	Canned Mandarin Oranges	<u>Cooked Apples</u>	Fresh Mandarin Oranges	Carrots
Grain or Meat/Meat Alt	WG General Mills Corn Chex	WG Oatmeal	See Entree	See Entree
Extra			Sliced Cheese	
Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Entree Name	Fish Patty on WW Bun	WG Veggie Baked Penne	Baked Diced Chicken	Vegetarian Taco
Fruit	<u>Sliced Apples</u>	Kiwi	Diced Cantaloupe	Soup
Vegetable	Carrots	Spinach Salad	Roasted Root	Sliced Pears, Fresh
Grain	See Entree	WG Breadstick	Vegetables	Cauliflower
Meat/Meat Alt	See Entree	See Entree	WW Roll	WG Tortilla Chips
Extra		Shredded Carrots	See Entree	See Entree
Milk	1% Milk	1% Milk	1% Milk	Shredded Cheddar Cheese
				1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name			Sesame Salmon Rice Bowl	Fruit Pizza
Fruit		Marionberries		Frozen Blueberries
Vegetable	Celery		Avocado	
Grain	WG Tortilla Chips	Yami Lowfat Vanilla Yogurt	See Entree	WW English Muffin
Meat/Meat Alt	Refried Beans	WG General Mills		
Extra		Cheerios		Cream Cheese