

Date: 9/15/25-9/19/25
Menu for: Head Start Full 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	Friday
Breakfast					
Entree Name			WG Overnight Oats		Frozen Diced Strawberries
Fruit or Vegetable	Diced Peaches WG General Mills Cheerios	Banana	Diced Canned Pears	Blueberries	
Grain or Meat/Meat Alt		WW English Muffin	See Entree Yami Lowfat Vanilla Yogurt	WG Pancake	WG French Toast
Extra Milk	1% Milk	Egg Patty 1% Milk	1% Milk	Berry Sauce 1% Milk	1% Milk
Lunch					
Entree Name	Hamburger on WW Bun	Mashed Bean & Cheese Burrito on WW Tortilla	Chicken Veggie Noodle Soup	Cheese Pizza	Fish Sticks on WG Corn and Wheat Tortilla
Fruit	Kiwi	Diced Frozen Mango	Sliced Apple	Sliced Pears, Fresh	Mandarin Oranges, Fresh
Vegetable	Sweet Potato Fries	Spinach Salad	See Entree	Peas	Shredded Lettuce
Grain	See Entree	See Entree	WW Roll	See Entree	See Entree
Meat/Meat Alt	See Entree	See Entree	See Entree	See Entree	See Entree
Extra Milk	1% Milk	Shredded Carrots 1% Milk	1% Milk	1% Milk	1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		<u>WG General Mills Corn Chex Trail Mix with Dried Apple</u>	Quesadilla on WG Tortilla		Cottage Cheese Smoothie Bowl
Fruit		Raisins		Kiwi	See Entree
Vegetable	Celery	Cucumber	Sliced Bell Pepper		
Grain	Pita	See Entree	See Entree	Ritz Crackers	WG Kix Cereal
Meat/Meat Alt	Sunbutter		See Entree	Tuna	See Entree
Extra					Raspberries