

Date: 9/22/25-9/26/25
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 | | | | | |
| Fruit or Vegetable | Pineapple Tidbits | Diced Frozen Strawberries | Banana | Diced Peaches | Cucumbers |
| Grain or Meat/Meat Alt | WW Mini Bagel | Yami Lowfat Vanilla Yogurt | WG Oatmeal | WG General Mills Kix Cereal | Ritz Crackers |
| Extra | Cream Cheese | | | | Hard Boiled Eggs |
| Milk | 1% Milk | 1% Milk | 1% Milk | 1% Milk | 1% Milk |
| Lunch | | | | | |
| Entree Name | Macaroni & Cheese | Chicken Wrap on WW Tortilla | <u>Build Your Own Turkey Cheddar Apple Sandwich on WW Bread</u> | Teriyaki Salmon | Minestrone Soup |
| Fruit | Diced Frozen Mango | Kiwi | <u>Sliced Apple</u> | Watermelon | Diced Honeydew |
| Vegetable | Green Beans | Shredded Cabbage | Mashed Potatoes | Broccoli | See Entree |
| Grain | WW Roll | See Entree | See Entree | WG Brown Rice | WW Roll |
| Meat/Meat Alt | See Entree | See Entree | See Entree | See Entree | See Entree |
| Extra | | Shredded Cheese | | | Shredded Mozzarella |
| Milk | 1% 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 | Served with Water |
| Entree Name | WG Spiced Orange & Carrot Muffin Square | | | Sunbutter Smoothie | Green Smoothie |
| Fruit | | <u>Apple Slices</u> | | See Entree | See Entree |
| Vegetable | Sliced Bell Peppers | | Cucumbers | Carrots | See Entree |
| Grain | | WG Wheat Thins | WG Tortilla Chips | | Graham Crackers |
| Meat/Meat Alt | | Tuna | Refried Beans | See Entree | See Entree |
| Extra | | | | | |