

Date: 9/8/25-9/12/25
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	* Deliver Classroom Activity Apples				
Entree Name		WG Overnight Oats		Diced Frozen Strawberries	<u>Cooked Apples</u>
Fruit or Vegetable	Diced Canned Pears	Frozen Blueberries	Cucumbers	WG General Mills Rice Chex	WG Waffle
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	1% Milk
Lunch					
Entree Name	Baked Salmon w Lemon	WG Spaghetti & Veggie Sauce	Mexican Inspired Chicken & Hominy Pozole	Southwest WG Brown Rice	WG Chicken & Veggie Lo Mein
Fruit	Kiwi	<u>Sliced Apple</u>	Diced Frozen Peaches	Diced Cantaloupe	Sliced Oranges
Vegetable	Peas	Carrots	Shredded Cabbage	Avocado Half	See Entree
Grain	WW Roll	WG Breadstick	WG Tortilla Chips	See Entree	See Entree
Meat/Meat Alt	See Entree	Chicken Meatballs	See Entree	Black Beans	See Entree
Extra Milk	1% Milk	Veggie Sauce 1% Milk	1% Milk	Shredded Cheese 1% Milk	Chow Mein Noodles 1% Milk
Snack (at least 2)	Served with Water	Served with Water	Served with Water	Served with Water	Served with Water
Entree Name		Ants on a Log	Cottage Cheese Smoothie Bowl		Quesadilla on WG Tortilla
Fruit		Raisins	See Entree		
Vegetable	Broccoli	Celery		Carrots	Sliced Bell Pepper
Grain	WG Wheat Thins		WG General Mills Kix Cereal	Pretzels	See Entree
Meat/Meat Alt	Diced Turkey	Sunbutter	See Entree	Sliced Cheese	See Entree
Extra			Raspberries		