

March 2023 Early Head Start Center
Breakfast, Lunch & Snack Menu



		Wednesday	Thursday	Friday
		1 Breakfast: WG Waffle, Mandarin oranges, Milk Lunch: Fish Nuggets, Mashed Potatoes, Bread/Butter, Applesauce, Milk Snack: WG Muffin, Milk	2 Breakfast: Oatmeal, Pears, Milk Lunch: Cheeseburger, WG Bun, Carrots, Peaches, Milk Snack: Yogurt, Graham Crackers	3 EHS CLOSED
6 Breakfast: Rice Krispies, Peaches, Milk Lunch: Turkey, WG Bun, Broccoli, Pears, Milk Snack: WG Chex Mix, Applesauce	7 Breakfast: Yogurt, Pineapple, WG Graham Crackers, Milk Lunch: Chili Mac WG, Corn, Fruit Cocktail, Milk Snack: WG Cereal, Milk	8 Breakfast: Cheerios, Bananas, Milk Lunch: Chicken Patty, WG Bun, Green Beans, Peaches, Milk Snack: WG Goldfish, Pears	9 EHS CLOSED	10 EHS CLOSED
13 Breakfast: Corn Flakes, Peaches, Milk Lunch: Ham, WG Bun, Peas, Pears, Milk Snack: WG Crackers, Mixed Fruit	14 Breakfast: WG Muffin, Mandarin Oranges, Milk Lunch: Popcorn Chicken, Corn, Noodles, Fruit Cocktail, Milk Snack: Yogurt, Pineapple	15 Breakfast: Oatmeal, Applesauce, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Peaches, Milk Snack: WG Chex Mix, Cheese Stick	16 Breakfast: WG Waffles, Fruit Cocktail, Milk Lunch: Cheeseburger, WG Bun, Cucumbers, Pears, Milk Snack: WG Muffin, Milk	17 Breakfast: Rice Krispies, Peaches, Milk Lunch: Sloppy Joe,, WG Bun, Corn, Fruit Cocktail, Milk Snack: WG Crackers, Milk
20 Breakfast: WG Corn Chex, Pears, Milk Lunch: Sun Butter/Jelly, WG Bread, Carrots, Fruit Cocktail, Milk Snack: Turkey, Cheese	21 Breakfast: Yogurt, Pineapple, WG Graham Crackers, Milk Lunch: Chicken Patty, Green Beans, Applesauce, Milk Snack: WG Crackers, Pears	22 Breakfast: Rice Krispies, Banana, Milk Lunch: Meat Balls, Noodles, Corn, Peaches, Milk Snack: Yogurt, Berries	23 Breakfast: WG Pancakes, Mandarin Oranges, Milk Lunch: Sweet & Sour Chicken, WG Brown Rice, Broccoli, Pears, Milk Snack: Crackers, Banana	24 EHS CLOSED
27 Breakfast: Corn Flakes, Peaches, Milk Lunch: Ham, WG Bun, Peas, Pears, Milk Snack: WG Cheez-its, Cheese Stick	28 Breakfast: WG Muffin, Applesauce, Milk Lunch: Taco Hotdish, Corn, Fruit Cocktail, Milk Snack: Yogurt, Peaches	29 Breakfast: WG Waffles, Mandarin Oranges, Milk Lunch: Fish Nuggets, Mashed Potatoes, WG Bread, Applesauce, Milk Snack: WG Crackers, Milk	30 Breakfast: Oatmeal, Pears, Milk Lunch: Hamburger, WG Bun, Carrots (cooked), Peaches, Milk Snack: Cereal, Milk	31 Breakfast: WG Pancakes, Fruit Cocktail, Milk Lunch: Hamburger Veg. Soup, WG Bread, Pineapple, Milk Snack: WG Chex Mix, Cheese Slices

Lunch is served with Skim Milk or Whole Milk and Water.
 All bread/grain is whole grain.
 All meals are subject to change.

"Head Start/Early Head Start is an equal opportunity provider."

