

May 2020 Early Head Start Center

Breakfast, Lunch & Snack Menu



<p>1 Breakfast: Corn Chex, Apple Juice, Lunch: Turkey, WG Bun, Peas, Pears, Milk Snack: Cereal, Milk</p>	<p>2 Breakfast: Yogurt, Berries, Milk Lunch: Sweet & Sour Chicken, Stir fry Vegetables, Brown Rice, Pineapple, Milk Snack: Saltines, Oranges</p>	<p>3 Breakfast: Eggs, Turkey Sausage, Applesauce, Milk Lunch: Hamburger, WG Bun, Carrots, Peaches, Milk Snack: WG Crackers, Cheese</p>	<p>4 Breakfast: WG Waffle, Mandarin Oranges, Milk Lunch: Beef & Bean Burrito, Green Beans, Fruit Cocktail, Milk Snack: WG Muffin, Milk</p>	<p>5 Breakfast: Rice Krispies, Mixed Fruit, Milk Lunch: Mac & Cheese, Broccoli, Pears, Milk Snack: WG Crackers, Fruit</p>
<p>8 Breakfast: Cheerios, Pears, Milk Lunch: Turkey Wrap, Broccoli, Pineapple, Milk Snack: Bean Dip, Tortilla Chips</p>	<p>9 Breakfast: WG Muffin, Pineapple, Milk Lunch: Chicken Patty, WG Bun, Corn, Applesauce, Milk Snack: Sunbutter and Jelly on WG Bread, Milk</p>	<p>10 WG French Toast Stick, Fruit Cocktail, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Pears, Milk Snack: Yogurt, Pineapple</p>	<p>11 Breakfast: Corn Chex, Strawberries, Milk Lunch: Chicken Salad, WG Bread, Peas, Peaches, Milk Snack: WG Crackers, Cheesestick</p>	<p>EHS CLOSED</p>
<p>15 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: Sunbutter and Jelly, WG Bread, Carrots, Fruit Cocktail, Milk Snack: WG Goldfish, Milk</p>	<p>16 Breakfast: Yogurt, Peaches, Milk Lunch: Hamburger, WG Bun, Cucumbers, Pears, Milk Snack: Cereal, Milk</p>	<p>17 Breakfast: Cheerios, Banana, Milk Lunch: Sloppy Joe, WG Bun, Tomatoes, Fruit Cocktail, Milk Snack: WG Graham Crackers, Banana</p>	<p>18 Breakfast: WG Waffle, Turkey Sausage, Applesauce, Milk Lunch: BBQ Chicken, Mashed Potatoes, Corn, Peaches, Milk Snack: Yogurt, Berries</p>	<p>19 Breakfast: Overnight Oats, Berries, Milk Lunch: Grilled Ham & Cheese, Carrots, Mixed Fruit, Milk Snack: Crackers, Cheese</p>
<p>22 Breakfast: Rice Krispies, Peaches, Milk Lunch: Popcorn Chicken, Pasta Salad w/ Vegetables, Fresh Fruit, Milk Snack: Animal Crackers, Milk</p>	<p>23 Breakfast: WG Muffin, Applesauce, Milk Lunch: Cheeseburger, WG Bun, Potatoes, Fruit Cocktail, Milk Snack: Sunbutter Goldfish</p>	<p>24 Breakfast: WG Pancake, Pears, Milk Lunch: WG Pizza, Cucumbers, Peaches, Milk Snack: Yogurt, Berries</p>	<p>25 Breakfast: Rice Cake, Sunbutter, Banana, Milk Lunch: Tater Tot Hotdish, Green Beans, Fruit Cocktail, Bread/Butter, Milk Snack: Cereal, Milk</p>	<p>EHS CLOSED</p>
<p>EHS CLOSED</p>	<p>30 Breakfast: Cheerios, Peaches, Milk Lunch: Turkey, WG Bread, Carrots, Pears, Milk Snack: WG Crackers, Applesauce</p>	<p>31 Breakfast: Yogurt, Berries, Milk Lunch: WG Pasta, Meatsauce, Squash, Fruit Cocktail, Milk Snack: Graham Crackers, Fresh Fruit</p>		

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."