

## June 2020 Early Head Start Center

### Breakfast, Lunch & Snack Menu



			<p>1 <b>Breakfast:</b> WG Waffle, Applesauce, Milk <b>Lunch:</b> Chicken Patty, Cucumbers, Berries, Milk <b>Snack:</b> Crackers, Milk</p>	<p>2 <b>Breakfast:</b> Corn Flakes, Mandarin Oranges, Milk <b>Lunch:</b> Sunbutter &amp; Jelly sandwich, Peas, Mixed Fruit, Milk <b>Snack:</b> Fruit, Cheese</p>
<p>5 <b>Breakfast:</b> Rice Krispies, Peaches, Milk <b>Lunch:</b> Ham &amp; cheese slices, Crackers, Carrots, Peas, Milk <b>Snack:</b> Yogurt, Fruit</p>	<p>6 <b>Breakfast:</b> Eggs, WG Toast, Pineapple, Milk <b>Lunch:</b> Beef &amp; Bean Burrito, Corn, Applesauce, Milk <b>Snack:</b> Goldfish Crackers, Fruit</p>	<p>7 <b>Breakfast:</b> Muffin, Mandarin oranges, Milk <b>Lunch:</b> Cheese Ravioli, Green Beans, Peaches, Milk <b>Snack:</b> Rice Cake, Sunbutter</p>	<p>8 <b>EHS CLOSED</b></p>	<p>9 <b>EHS CLOSED</b></p>
<p>12 <b>Breakfast:</b> Cheerios, Pears, Milk <b>Lunch:</b> Turkey Rollup, Carrots/Ranch, Fruit Cocktail, Milk <b>Snack:</b> WG Cheezits, Fruit</p>	<p>13 <b>Breakfast:</b> Yogurt, Pineapples, Milk <b>Lunch:</b> Hamburger, WG Bun, Sweet Potato Fries, Peaches, Milk <b>Snack:</b> Goldfish, Cucumbers</p>	<p>14 <b>Breakfast:</b> Corn Chex, Banana, Milk <b>Lunch:</b> Popcorn Chicken, Green Beans, Mixed Fruit Milk <b>Snack:</b> Sunbutter &amp; Jelly on Bread</p>	<p>15 <b>Breakfast:</b> WG Waffle, Fruit Cocktail, Milk <b>Lunch:</b> Meatballs, WG Pasta, Cucumbers, Pineapple, Milk <b>Snack:</b> Animal Crackers, Fruit</p>	<p>16 <b>Breakfast:</b> Rice Krispies, Mixed Fruit, Milk <b>Lunch:</b> Sloppy Joe, WG Bun, Corn, Peaches, Milk <b>Snack:</b> WG Crackers, Cheese</p>
<p>19 <b>Breakfast:</b> Corn Flakes, Peaches, Milk <b>Lunch:</b> Ham and Cheese, WG Bread, Carrots, Fruit Cocktail, Milk <b>Snack:</b> WG Crackers, Fruit</p>	<p>20 <b>Breakfast:</b> WG Muffin, Strawberries, Milk <b>Lunch:</b> Chicken Patty, Green Beans, Peas, Milk <b>Snack:</b> Graham Crackers, Milk</p>	<p>21 <b>Breakfast:</b> Rice Krispies, Banana, Milk <b>Lunch:</b> Tuna Noodle Hotdish, Peas, Peaches, Milk <b>Snack:</b> Chex Mix, Cucumbers</p>	<p>22 <b>Breakfast:</b> French Toast Sticks, Applesauce, Milk <b>Lunch:</b> Sweet &amp; Sour Chicken, Brown Rice, Broccoli, Pineapple, Milk <b>Snack:</b> Yogurt, Berries</p>	<p>23 <b>Breakfast:</b> Corn Chex, Pears, Milk <b>Lunch:</b> Roast Beef, Cheese, Cucumbers, Peaches, Milk <b>Snack:</b> Graham Crackers, Mixed Fruit</p>
<p>26 <b>Breakfast:</b> Cheerios, Peaches, Milk <b>Lunch:</b> Sunbutter &amp; Jelly, WG Bread, Carrots, Fruit Cocktail, Milk <b>Snack:</b> Goldfish, Pears</p>	<p>27 <b>Breakfast:</b> Eggs, WG Toast, Applesauce, Milk <b>Lunch:</b> Taco Hotdish, Cucumbers, Pineapple, Milk <b>Snack:</b> Muffin, Milk</p>	<p>28 <b>Breakfast:</b> Yogurt, Berries, Milk <b>Lunch:</b> Popcorn Chicken, Mashed Potatoes, Mixed Fruit, Milk <b>Snack:</b> Rice Cakes, Mixed Fruit</p>	<p>29 <b>EHS CLOSED</b></p>	<p>30 <b>EHS CLOSED</b></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."