

## August 2023 Early Head Start Center

### Breakfast, Lunch & Snack Menu



	<p><u>1</u> <b>Breakfast:</b> Yogurt, Strawberries, Milk <b>Lunch:</b> Hamburger Hotdish, WG, Corn, Peaches, Milk <b>Snack:</b> Rice cake, Mixed Fruit</p>	<p><u>2</u> <b>Breakfast:</b> Sausage Patty, Applesauce, Milk <b>Lunch:</b> Chicken Drumstick, WG Noodles, Green Beans, Fruit Cocktail, Milk <b>Snack:</b> Cheddar Goldfish, Cheesestick</p>	<p><u>3</u> <b>Breakfast:</b> Cheerios, Peaches, Milk <b>Lunch:</b> Beef &amp; Bean Burrito, Green Beans, Fruit Cocktail, Milk <b>Snack:</b> WG Muffin, Milk</p>	<p><u>4</u> <b>Breakfast:</b> Pancake, Blueberries, Milk <b>Lunch:</b> Summer Sausage Cheesecake, Peas, WG Crackers, Mixed Fruit, Milk <b>Snack:</b> Pretzels, Peaches</p>
<p><u>7</u> <b>Breakfast:</b> Rice Krispies, Pears, Milk <b>Lunch:</b> Ham Sandwich, WG Bread, Carrots, Pineapple, Milk <b>Snack:</b> Popcorners, Applesauce</p>	<p><u>8</u> <b>Breakfast:</b> WG Muffin, Mandarin Oranges, Milk <b>Lunch:</b> Popcorn Chicken, Tater Tots, Slice Bread, Peaches, Milk <b>Snack:</b> Cheesesticks, Mixed Fruit</p>	<p><u>9</u> <b>Breakfast:</b> Waffle, Applesauce, Milk <b>Lunch:</b> Hamburger, WG Bun, Corn, Fruit Cocktail, Milk <b>Snack:</b> Tortilla Chips, Nacho Cheese Dip</p>	<p><u>10</u> <b>Breakfast:</b> Cottage Cheese, Pineapple, Milk <b>Lunch:</b> Turkey and Cheesestick, WG Crackers, Cucumbers, Pears, Milk <b>Snack:</b> Animal Crackers, Milk</p>	<p><u>11</u> <b>Breakfast:</b> Cornflakes, Peaches, Milk <b>Lunch:</b> Sunbutter &amp; Jelly Sandwich, Peas, Applesauce, Milk <b>Snack:</b> WG Crackers, Peas</p>
<p><u>14</u> <b>Breakfast:</b> Cheerios, Peaches, Milk <b>Lunch:</b> Roast Beef Sandwich, Cucumbers, Pineapple, Milk <b>Snack:</b> Goldfish, Cheesestick</p>	<p><u>15</u> <b>Breakfast:</b> Yogurt, Strawberries, Milk <b>Lunch:</b> Chili Crackers, Carrots, Fruit Cocktail, Milk <b>Snack:</b> Rice Cake, Applejuice</p>	<p><u>16</u> <b>Breakfast:</b> Corn Chex, Banana, Milk <b>Lunch:</b> Chicken Patty, WG Bun, Broccoli, Peas, Milk <b>Snack:</b> Crackers, Pineapple</p>	<p><u>17</u> <b>Breakfast:</b> French Toast Sticks, Peaches, Milk <b>Lunch:</b> WG Pasta, Meatball Sauce, Green Beans, Fruit Cocktail, Milk <b>Snack:</b> Mixed Fruit, Popcorners</p>	<p><b>EHS CLOSED</b></p>
<p><b>EHS CLOSED</b></p>	<p><b>EHS CLOSED</b></p>	<p><u>23</u> <b>Breakfast:</b> Corn Flakes, Pears, Milk <b>Lunch:</b> Cheeseburger, WG Bun, Corn, Peaches, Milk <b>Snack:</b> Sun Chips, Mixed Fruit</p>	<p><u>24</u> <b>Breakfast:</b> Waffle, Mandarin Oranges, Milk <b>Lunch:</b> Popcorn Chicken, Mashed Potatoes, Fruit Cocktail, Bun, Milk <b>Snack:</b> Pretzels, Cheese</p>	<p><u>25</u> <b>Breakfast:</b> Eggs, Toast, Peaches, Milk <b>Lunch:</b> Cheese Ravioli w/ Meatsauce, Green Beans, Pineapple, Milk <b>Snack:</b> Crackers, Mixed Fruit</p>
<p><u>28</u> <b>Breakfast:</b> Rice Krispies, Mandarin Oranges, Milk <b>Lunch:</b> Ham Sandwich, WG Bread, Peas, Pears, Milk <b>Snack:</b> WG Goldfish, Mixed Fruit</p>	<p><u>29</u> <b>Breakfast:</b> Yogurt, Berries, Milk <b>Lunch:</b> Pizza Cucumbers, Peaches, Milk <b>Snack:</b> Pretzels, Sunbutter</p>	<p><u>30</u> <b>Breakfast:</b> Sausage Patty, Applesauce, Milk <b>Lunch:</b> Chicken Patty, WG Bun, Peas, Fruit Cocktail, Milk <b>Snack:</b> Graham Crackers, Peaches</p>	<p><u>31</u> <b>Breakfast:</b> French Toast Sticks, Pears, Milk <b>Lunch:</b> WG Pasta, Meatball sauce, Green Beans, Mandarin Oranges, Milk <b>Snack:</b> Cereal, Milk</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."