

March 2024 Early Head Start Center  
Breakfast, Lunch & Snack Menu



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."

1  
**Breakfast:** Yogurt, Mixed Fruit, Milk  
**Lunch:** Grilled Cheese, Bread, Cucumbers, Pears, Milk  
**Snack:** WG Graham Crackers, Applesauce

4  
**Breakfast:** Rice Krispies, Peaches, Milk  
**Lunch:** Turkey, Bread, Broccoli, Fruit Cocktail, Milk  
**Snack:** Pretzels, Oranges

5  
**Breakfast:** Yogurt, Berries, Milk  
**Lunch:** Hamburger, Gravy, Mashed Potatoes, Corn, Bun, Milk  
**Snack:** Crackers, Cheese

6  
**Breakfast:** Cereal, Banana, Milk  
**Lunch:** Chicken Patty, Cucumbers, Bread, Pears, Milk  
**Snack:** Chex Mix, Peaches

7  
**Breakfast:** Pancakes, Applesauce, Milk  
**Lunch:** Sloppy Joe, WG Bun, Green Beans, Pineapple, Milk  
**Snack:** Muffin, Milk

8  
**EHS CLOSED**

11  
**Breakfast:** Cheerios, Pears, Milk  
**Lunch:** Sunbutter & Jelly Sandwich, Bread, Carrots, Fruit Cocktail, Milk  
**Snack:** Animal Crackers, Milk

12  
**Breakfast:** Muffin, Mandarin Oranges, Milk  
**Lunch:** BBQ Chicken, Bun, Broccoli, Pineapple, Milk  
**Snack:** Crackers, Cheese

13  
**Breakfast:** Oatmeal, Banana, Milk  
**Lunch:** Meatballs & Sauce, WG Pasta, Green Beans, Peaches, Milk  
**Snack:** Yogurt, Graham Crackers

14  
**Breakfast:** French Toast Stick, Strawberries, Milk  
**Lunch:** Fish Nuggets, Potatoes, Bread, Pears, Milk  
**Snack:** Summer Sausage, Crackers

15  
**Breakfast:** Yogurt, Mixed Fruit, Milk  
**Lunch:** Turkey/Cheese Slices, Mixed Vegetables, Applesauce, Milk  
**Snack:** Banana, Milk

18  
**Breakfast:** Corn Flakes, Peaches, Milk  
**Lunch:** Ham, Bread, Peas, Applesauce, Milk  
**Snack:** Graham Crackers, Milk

19  
**Breakfast:** Yogurt, Pineapple, Milk  
**Lunch:** Beef and Bean Burritos, Cucumbers, Fruit Cocktail, Milk  
**Snack:** Crackers/Carrots

20  
**Breakfast:** HB Eggs, Applesauce, Milk  
**Lunch:** Sweet & Sour Chicken, Brown Rice, Mixed Vegetables, Berries, Milk  
**Snack:** Goldfish, Mixed Fruit

21  
**Breakfast:** Waffle, Mandarin Oranges, Milk  
**Lunch:** Meatballs, Gravy, Mashed Potatoes, Bread, Peaches, Milk  
**Snack:** Nacho Cheese/Tortilla Chips

22  
**EHS CLOSED**

25  
**Breakfast:** Kix, Pears, Milk  
**Lunch:** Turkey, Bread, Carrots, Fruit Cocktail, Milk  
**Snack:** Apples, Cheese

26  
**Breakfast:** WG Muffin, Mandarin Oranges, Milk  
**Lunch:** Hamburger, Bun, Peas, Peaches, Milk Cereal, Milk  
**Snack:** Chex Mix, Juice

27  
**Breakfast:** Cheerios, Banana, Milk  
**Lunch:** Popcorn Chicken, Pasta Salad, Mixed Vegetables, Pears, Milk  
**Snack:** Tortilla Chips, Salsa

28  
**Breakfast:** Turkey Sausage Patty, Applesauce, Milk  
**Lunch:** Taco Bowl, Brown Rice, Lettuce/Tomato, Pineapple, Milk  
**Snack:** Cereal, Milk

29  
**EHS CLOSED**

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