



April 2024 Early Head Start Center

Breakfast, Lunch & Snack Menu

1 EHS CLOSED	2 Breakfast: Rice Krispies, Peaches, Milk Lunch: Sunbutter & Jelly, Bread, Carrots, Fruit Cocktail, Milk Snack: Crackers and Cheese	3 Breakfast: Yogurt, Pineapple, Milk Lunch: Chicken Patty, Noodles, Green Beans, Pears, Milk Snack: Chex Mix, Peaches	4 Breakfast: Pancake, Mandarin Oranges, Milk Lunch: Sloppy Joe, WG Bun, Corn, Applesauce, Milk Snack: Muffin, Milk	5 Breakfast: Cheerios, Fruit, Milk Lunch: Turkey & Cheese, Crackers, Peas, Mixed Fruit, Milk Snack: Graham Crackers, Milk
8 Breakfast: Corn Flakes, Pears, Milk Lunch: Ham Sandwich, Bread, Broccoli, Fruit Cocktail, Milk Snack: Pretzels, Oranges	9 Breakfast: Muffin, Peaches, Milk Lunch: BBQ Chicken, Bread, Peas, Applesauce, Milk Snack: Animal Crackers, Mixed Fruit	10 Breakfast: Cereal, Banana, Milk Lunch: Cheeseburger, WG Bun, Cucumbers, Pears, Milk Snack: Tortilla Chips, Bean Dip	11 Breakfast: WG Waffle, Applesauce, Milk Lunch: Fish Nuggets, Potatoes, Cole Slaw, Peaches, Milk Snack: WG Crackers, Cheesestick	EHS CLOSED
15 Breakfast: Cheerios, Peaches, Milk Lunch: Turkey Sandwich, Bread, Carrots, Fruit Cocktail, Milk Snack: Cheesesticks & Crackers	16 Breakfast: Yogurt, Berries, Milk Lunch: Popcorn Chicken, WG Noodles, Mixed Vegetables, Pineapple, Milk Snack: Cereal, Milk	17 Breakfast: French Toast, Applesauce, Milk Lunch: Meatballs/Sauce, WG Pasta, Green Beans, Pears, Milk Snack: Apples, Crackers	18 Breakfast: Cereal, Fruit Cocktail, Milk Lunch: Hash Brown, Turkey Sausage, Biscuit, Mandarin Oranges, Milk Snack: Carrots, Crackers	19 Breakfast: Muffin, Pears, Milk Lunch: Mac & Cheese WG, Vegetable, Mixed Fruit, Milk Snack: Crackers, Milk
22 Breakfast: Rice Chex, Mandarin Oranges, Milk Lunch: Summer Sausage, Bun, Peas, Pears, Milk Snack: Yogurt, Crackers	23 Breakfast: Muffin, Pineapple, Milk Lunch: Hamburger, WG Bun, Cucumbers, Peaches, Milk Snack: Sunbutter and Pretzels	24 Breakfast: Oatmeal, Banana, Milk Lunch: Sweet & Sour Chicken, Brown Rice, Broccoli, Fruit Cocktail, Milk Snack: Cheeze-its, Apples	25 Breakfast: Pancake, Applesauce, Milk Lunch: Taco Hotdish, Tortilla Chips, Corn, Pears, Milk Snack: Cereal, Milk	EHS CLOSED
29 Breakfast: Rice Krispies, Peaches, Milk Lunch: Ham Sandwich, Bread, Carrots, Fruit Cocktail, Milk Snack: Chex Mix, Applesauce	30 Breakfast: Yogurt, Pineapple, Milk Lunch: Chicken Patty, WG Bun, Green Beans, Pears, Milk Snack: Crackers & Oranges			

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."