



August 2024 Early Head Start Center

Breakfast, Lunch & Snack Menu

| | | | | |
|---|---|--|---|--|
|  |  | | <p>1 Breakfast: Cheerios, Blueberries, Milk Lunch: Chicken Patty, WG Bun, Carrots, Pineapple, Milk Snack: Pretzels, Yogurt</p> | <p>2 Breakfast: French Toast, Peaches, Milk Lunch: Summer sausage sandwich, WG Bread, Peas, Watermelon, Milk Snack: Gold Fish, Cheese Stick</p> |
| <p>5 Breakfast: Corn Flakes, Pears, Milk Lunch: Meatballs and Sauce, Stuffed WG Cheese Bread, Corn, Applesauce, Milk Snack: Cottage Cheese, Pineapples</p> | <p>6 Breakfast: WG Muffin, Blueberries, Milk Lunch: Chicken Pot Pie, Mashed Potatoes, WG Bread, Peaches, Milk Snack: Yogurt, Strawberries</p> | <p>7 Breakfast: Sausage Patty, Banana, Milk Lunch: Sunbutter & Jelly, WG Bread, Carrots, Pears, Milk Snack: Gold Fish, Mandarin Oranges</p> | <p>8 Breakfast: French Toast, Strawberries, Milk Lunch: Hamburger, Pickles, WG Bun, Cucumbers, Pineapple, Milk Snack: Cheese Stick, Townhouse Crackers</p> | <p>9 Breakfast: Rice Krispies, Applesauce, Milk Lunch: Summer Sausage, WG Bread, Peas, Fruit, Milk Snack: Graham Crackers, Milk</p> |
| <p>12 Breakfast: Waffles, Bananas, Milk Lunch: Sunbutter & Jelly, WG Bread, Carrots, Peaches, Milk Snack: Goldfish Crackers, Cheese Stick</p> | <p>13 Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Sloppy Joes, WG Bun, Tater Tots, Pineapple, Milk Snack: Summer Sausage, Ritz Crackers</p> | <p>14 Breakfast: WG Muffin, Peaches, Milk Lunch: Chicken Nuggets, WG Gold Fish, Broccoli, Applesauce, Milk Snack: Chex Mix, Fruit</p> | <p>15 Breakfast: Chex Cereal, Strawberries, Blueberries, Milk Lunch: Hamburger, Pickles, WG Bun, Green Beans, Pears, Milk Snack: Graham Crackers, Yogurt</p> | <p>16 EHS Closed</p> |
| <p>19 EHS Closed</p> | <p>20 EHS Closed</p> | <p>21 Breakfast: Sausage Patty, Bananas, Milk Lunch: Meatballs & Gravy, Mashed Potatoes, Corn, Pears, Milk Snack: Graham Crackers, Milk</p> | <p>22 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: summer Sausage Sandwich, WG Bread, Peas, Pineapple, Milk Snack: WG Crackers, Pears</p> | <p>23 Breakfast: French Toast, Applesauce, Milk Lunch: Chicken Patty, WG Bun, Green Beans, Mixed Fruit, Milk Snack: Animal Crackers, Cheese Stick</p> |
| <p>26 Breakfast: Rice Krispies, Peaches, Milk Lunch: Turkey Sandwich, WG Bread, Green Beans, Pears, Milk Snack: Graham Crackers, Milk</p> | <p>27 Breakfast: WG Muffin, Pineapple, Milk Lunch: Chicken Pot Pie, WG Bread, Mashed Potatoes, Mandarin Oranges, Milk Snack: Cheez-its, Fruit Cocktail</p> | <p>28 Breakfast: French Toast, Blueberries, Milk Lunch: Meat Loaf, Mashed Potatoes, WG Bread, Peaches, Milk Snack: Gold Fish, Cheese Stick</p> | <p>29 Breakfast: Chex Cereal, Pears, Milk Lunch: Meat & Cheese, WG Crackers, Cucumbers, Fruit Cocktail, Milk Snack: Cottage Cheese, Pineapples</p> | <p>30 Breakfast: Pancakes, Blueberries, Milk Lunch: Popcorn Chicken, Fries, Green Beans, Peaches, Milk Snack: Summer Sausage, Townhouse Crackers</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."