



July 2024 Early Head Start Center

Breakfast, Lunch & Snack Menu

<p>1 Breakfast Cheerios, Banana, Milk Lunch: Chicken Pot Pie, Mashed Potatoes, WG Bread, Peas, Milk Snack: Graham Crackers, Milk</p>	<p>2 Breakfast French Toast, Applesauce, Milk Lunch: Turkey Sandwich, WG Bread, Carrots, Fruit, Milk Snack: Sunbutter and Pretzels</p>	<p>3 EHS CLOSED</p>	<p>4 EHS CLOSED</p>	<p>5 EHS CLOSED</p>
<p>8 Breakfast: WG Muffin, Pineapple, Milk Lunch: Sunbutter & Jelly, WG Bread, Zucchini, Cantaloupe, Milk Snack: Pretzels, Cheese Slice</p>	<p>9 Breakfast: Cheerios, Banana, Milk Lunch: Sausage Patty, Hash Browns, WG Toast, Butter & Jelly, Milk Snack: Chex Mix, Orange Slices</p>	<p>10 Breakfast: Eggs, Mandarin Oranges, Milk Lunch: Meatballs & Gravy, Mashed Potatoes, WG Bread, Peaches, Milk Snack: Graham Crackers, Milk</p>	<p>11 Breakfast: Corn flakes, Strawberries, Milk Lunch: Chicken Patty, WG Bun, Cucumbers, Watermelon,, Milk Snack: Muffin, Applesauce</p>	<p>12 Breakfast: Yogurt, Blueberries, Milk Lunch: Turkey Sandwich, WG Bread, Peas, Mixed Fruit, Milk Snack: Scooby Doo Crackers, Milk</p>
<p>15 Breakfast: Pancake, Banana, Milk Lunch: Popcorn Chicken, Zucchini, Blueberries, Milk Snack: Cinnamon Flake Cereal, Milk</p>	<p>16 Breakfast: WG Apple Muffin, Cantaloupe, Milk Lunch: Hamburger, Cheese, WG Bun, Carrots, Watermelon, Milk Snack: Pretzel, Yogurt</p>	<p>17 Breakfast: Corn Flakes, Banana, Milk Lunch: Fish Sticks, Mashed Potatoes, WG Bread, Strawberries, Milk Snack: Teddy Grahams, Watermelon</p>	<p>18 Breakfast: French Toast, Peaches, Milk Lunch: Chicken Patty, WG Bun, Corn, Cantaloupe, Milk Snack: Summer Sausage, Cheese Stick</p>	<p>19 Breakfast: Rice Krispies, Mandarin Oranges, Milk Lunch: Ham Sandwich, WG Bread, Peas, Watermelon, Milk Snack: Animal Crackers, Milk</p>
<p>22 Breakfast: Kix, Muskmelon, Milk Lunch: Chicken Pot Pie, Mashed Potatoes, WG Bread, Blueberries, Milk Snack: Cheese Stick, Oyster Crackers</p>	<p>23 Breakfast: Pancakes, Mandarin Oranges, Milk Lunch: Sunbutter & Jelly, WG Bread, Green Beans, Strawberries, Milk Snack: Scooby Doo Crackers, Milk</p>	<p>24 Breakfast: Scrambled Eggs, Banana, Milk Lunch: Tuna Hot Dish, WG Noodles, Peas, Muskmelon, Milk Snack: Townhouse Crackers, Cream Cheese Spread</p>	<p>25 Breakfast: French Toast, Peaches, Milk Lunch: Ham Sandwich, WG Bread, Corn, Applesauce, Milk Snack: Corn Flakes, Milk EHS Picnic - Hamburgers</p>	<p>26 EHS CLOSED</p>
<p>29 Breakfast: Pancakes, Strawberries, Milk Lunch: Meatball Sauce, WG Noodles, Corn, Watermelon, Milk Snack: Cheese Sticks, Ritz Crackers</p>	<p>30 Breakfast: Cinnamon Flack Cereal, Banana, Milk Lunch: Sunbutter & Jelly, WG Bread, Green Beans, Peaches, Milk Snack: Sun Chips, Applesauce</p>	<p>31 Breakfast: WG Muffin, Orange Slices, Milk Lunch: Meat & Cheese, WG Townhouse Crackers, Cucumbers, Watermelon, Milk Snack: Teddy Graham Crackers, 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."