



## September 2024 Early Head Start Center Breakfast, Lunch & Snack Menu

2  <b>EHS CLOSED</b>	3 <b>Breakfast</b> Cheerios, Peaches, Milk <b>Lunch:</b> Turkey Sandwich, WG Bread, Peas, Fruit Cocktail, Milk <b>Snack:</b> Cheese Sticks, Saltine Crackers	4 <b>Breakfast</b> WG Muffin, Strawberries, Milk <b>Lunch:</b> Meatballs & Sauce, WG Pasta, Green Beans, Pears, Milk <b>Snack:</b> Yogurt, Pretzels	5 <b>Breakfast</b> French Toast, Mandarin Oranges, Milk <b>Lunch:</b> Popcorn Chicken, Mashed Potatoes, Corn, Milk <b>Snack:</b> Sunbutter & Apples	6 <b>Breakfast</b> Kix, Mixed Fruit, Milk <b>Lunch:</b> Egg Bake hash Browns, Toast, Peaches, Milk <b>Snack:</b> Blueberry Lemon Crackers, Cottage Cheese
9 <b>Breakfast:</b> Chex Cereal, Peaches, Milk <b>Lunch:</b> Ham & Cheese, WG Bread, Cucumbers, Fruit Cocktail, Milk <b>Snack:</b> Simply Chex, Pineapple	10 <b>Breakfast:</b> Sausage Patty, Pineapple, Milk <b>Lunch:</b> Taco Hot Dish, Chips & Salsa, Corn, Pears, Milk <b>Snack:</b> Pretzels, Cream Cheese	11 <b>Breakfast:</b> Hard Boiled Eggs, Mandarin Oranges, Milk <b>Lunch:</b> Hot Hamburger & Gravy, Mashed Potatoes, WG Bread, Peaches, Milk <b>Snack:</b> Fresh Orange Salad, Crackers	<b>EHS CLOSED</b>	<b>EHS CLOSED</b>
16 <b>Breakfast:</b> Cheerios, Peaches, Milk <b>Lunch:</b> Turkey Sandwich, WG Bread, Peas, Mandarin Oranges, Milk <b>Snack:</b> Simply Chex, Milk	17 <b>Breakfast:</b> Pancakes, Pears, Milk <b>Lunch:</b> Meatballs & Gravy, Mashed Potatoes, WG Bread, Fruit Cocktail, Milk <b>Snack:</b> Blueberry Lemon Crackers, Cheese Stick	18 <b>Breakfast:</b> Oatmeal, Applesauce, Milk <b>Lunch:</b> Fish Sticks, WG Bread, Corn, Peaches, Milk <b>Snack:</b> Apples, Sunbutter	19 <b>Breakfast:</b> Rice Krispies, Strawberries, Milk <b>Lunch:</b> Sausage Patty, WG Biscuit, Hash Browns, Pears, Milk <b>Snack:</b> Yogurt, Graham Crackers	<b>EHS CLOSED</b>
23 <b>Breakfast:</b> Muffin, Pears, Milk <b>Lunch:</b> Ham Sandwich, WG Bread, Carrots, Peaches, Milk <b>Snack:</b> Yogurt, Graham Crackers	24 <b>Breakfast:</b> Chex Cereal, Bananas, Milk <b>Lunch:</b> Meatballs & Sauce, WG Pasta, Corn, Fruit Cocktail, Milk <b>Snack:</b> Oranges, Chex Mix	25 <b>Breakfast:</b> Pancakes, Strawberries, Milk <b>Lunch:</b> Popcorn Chicken, Mashed Potatoes, Carrots, Milk <b>Snack:</b> Cheese Stick, Salad, Crackers	26 <b>Breakfast:</b> Oatmeal, Peaches, Milk <b>Lunch:</b> Fish Stick, WG Bread, Green Beans, Pears, Milk <b>Snack:</b> Corn Flakes, Milk	27 <b>Breakfast:</b> Waffle, Applesauce, Milk <b>Lunch:</b> Hamburger, WG Bun, Corn, Peaches, Milk <b>Snack:</b> Rice Cakes, Sunbutter
30 <b>Breakfast:</b> Hard Boiled Egg, Mandarin Oranges, Milk <b>Lunch:</b> Summer Sausage, WG Bread, Cucumbers, Pears, Milk <b>Snack:</b> Cheese Sticks, Ritz Crackers				

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."