



March 2025 **Early Head Start Center**  
Breakfast, Lunch & Snack Menu



<p>3 <b>Breakfast:</b> Corn Flakes, Mandarin Oranges, Milk <b>Lunch:</b> Ham, WG Bread, Green Beans, Pears, Milk <b>Snack:</b> Graham Crackers, Milk</p>	<p>4 <b>Breakfast:</b> Yogurt, Peaches, Milk <b>Lunch:</b> Hamburger, WG Bun, Corn, Fruit Cocktail, Milk <b>Snack:</b> Pretzels, Applesauce</p>	<p>5 <b>Breakfast:</b> Kix, Banana, Milk <b>Lunch:</b> Sweet &amp; Sour Chicken, Brown Rice, Broccoli, Pineapple, Milk <b>Snack:</b> 100% Juice, Crackers</p>	<p>6 <b>EHS CLOSED</b></p>	<p>7 <b>EHS CLOSED</b></p>
<p>10 <b>Breakfast:</b> Cheerios, Pears, Milk <b>Lunch:</b> Turkey, WG Bread, Carrots, Peaches, Milk <b>Snack:</b> Chex Mix, Applesauce</p>	<p>11 <b>Breakfast:</b> Muffin, Mandarin Oranges, Milk <b>Lunch:</b> Meatballs and Sauce, Breadstick, Green Beans, Fruit Cocktail, Milk <b>Snack:</b> Yogurt, Crackers</p>	<p>12 <b>Breakfast:</b> Cereal, Strawberries, Milk <b>Lunch:</b> Chicken Patty, WG Bread, Mashed Potatoes, Pears, Milk <b>Snack:</b> Fresh Orange Slices, Crackers</p>	<p>13 <b>Breakfast:</b> French Toast Sticks, Applesauce, Milk <b>Lunch:</b> Cheese Burger, WG Bun, Corn, Peaches, Milk <b>Snack:</b> Cheesestick, Crackers,</p>	<p>14 <b>Breakfast:</b> Yogurt, Peaches, Milk <b>Lunch:</b> Ham &amp; Cheese, WG Bun, Peas, Mixed Fruit, Milk <b>Snack:</b> Teddy Graham Crackers, Milk</p>
<p>17 <b>Breakfast:</b> Rice Krispies, Pears, Milk <b>Lunch:</b> Summer Sausage, WG Bun, Peas, Peaches, Milk <b>Snack:</b> Tortilla Chips, Bean Dip</p>	<p>18 <b>Breakfast:</b> Yogurt, Pineapple, Milk <b>Lunch:</b> Sloppy Joe, WG Bun, Cucumbers, Fruit Cocktail, Milk <b>Snack:</b> Cheez-its, Pears</p>	<p>19 <b>Breakfast:</b> Cereal, Banana, Milk <b>Lunch:</b> Popcorn Chicken, Green Beans, WG Slice of Bread, Pears, Milk <b>Snack:</b> Apples, Graham Crackers</p>	<p>20 <b>Breakfast:</b> Waffle, Mandarin Oranges, Milk <b>Lunch:</b> Taco Hotdish/Tortilla Chips, Corn, Peaches, Milk <b>Snack:</b> Cereal, Milk</p>	<p>21 <b>EHS CLOSED</b></p>
<p>24 <b>Breakfast:</b> Corn Flakes, Berries, Milk <b>Lunch:</b> Turkey, WG Bread, Carrots, Pears, Milk <b>Snack:</b> Pretzels, Cheese Dip</p>	<p>25 <b>Breakfast:</b> Muffin, Peaches, Milk <b>Lunch:</b> Fish Nuggets, Mashed Potatoes, WG Roll/Butter, Fruit Cocktail, Milk <b>Snack:</b> Oranges, Crackers</p>	<p>26 <b>Breakfast:</b> Turkey Sausage Patty, Applesauce, Milk <b>Lunch:</b> Meatballs &amp; Sauce, WG Pasta, Green Beans, Pears Milk <b>Snack:</b> Goldfish, Fruit Cocktail</p>	<p>27 <b>Breakfast:</b> Pancakes, Peaches, Milk <b>Lunch:</b> Chicken Patty, WG Bun, Cucumbers, Pineapple, Milk <b>Snack:</b> Yogurt, Peaches</p>	<p>28 <b>Breakfast:</b> Cereal, Mixed Fruit, Milk <b>Lunch:</b> WG Mac/Cheese, Hamburger Patty, Green Beans, Applesauce, Milk <b>Snack:</b> Crackers, Milk</p>
<p>31 <b>Breakfast:</b> Cheerios, Pears, Milk <b>Lunch:</b> Ham &amp; Cheese, WG Bread, Peas, Peaches, Milk <b>Snack:</b> Chex Mix, Applesauce</p>	<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."</p>			

