



## June 2026 Early Head Start Center Breakfast, Lunch and Snack Menu

<p>1 <b>Breakfast:</b> Cereal Peaches, Milk <b>Lunch:</b> Ham WG Bread Baked Beans, Pears, milk <b>Snack:</b> WG Animal Crackers, Milk</p>	<p>2 <b>Breakfast:</b> WG French toast Sticks, applesauce, milk <b>Lunch:</b> Popcorn Chicken, Mashed Potatoes, Corn, WG Bread, milk <b>Snack:</b> Chex Mix, Juice</p>	<p>3 <b>Breakfast:</b> Cereal, Mandarin Oranges, Milk <b>Lunch:</b> Hamburger, WG Bun, Hash Brown Patty, Fruit, Milk <b>Snack:</b> Yogurt, Graham Crackers</p>	<p>4  <b>EHS CLOSED</b></p>	<p>5  <b>EHS CLOSED</b></p>
<p>8 <b>Breakfast:</b> Cereal, Fruit, Milk <b>Lunch:</b> Turkey, WG Bread, Carrots, Fruit, Milk <b>Snack:</b> Cheese Sticks, Crackers</p>	<p>9 <b>Breakfast:</b> WG Muffing, Strawberries, Milk <b>Lunch:</b> Sloppy Joe, WG Gun, Cucumbers, Fruit, milk <b>Snack:</b> Crackers, Milk</p>	<p>10 <b>Breakfast:</b> Cereal, Fruit, milk <b>Lunch:</b> Chicken Hotdish, Brown Rice, Peas, Fruit, milk <b>Snack:</b> WG Animal Crackers, Frozen Juice</p>	<p>11 <b>Breakfast:</b> Sausage Patty WG Toast, Fruit, Milk <b>Lunch:</b> Meat Sauce, WG Bread Sticks, Green Beans, Mixed Fruit, Milk <b>Snack:</b> Yogurt, Fruit</p>	<p>12 <b>Breakfast:</b> Cereal, Fruit, Milk <b>Lunch:</b> Meat and Cheese, Crackers, Mixed Vegetables, Fruit, Milk <b>Snack:</b> WG Cheez-its, Sunbutter</p>
<p>15 <b>Breakfast:</b> Cereal, Fruit, Milk <b>Lunch:</b> Ham and Cheese, WG Bread, Beans, Fruit, Milk <b>Snack:</b> Graham Crackers, Milk</p>	<p>16 <b>Breakfast:</b> Yogurt, Fruit, Milk <b>Lunch:</b> BBQ Chicken, WG Bread, Corn, Fruit, Milk <b>Snack:</b> WG Rice Cakes, Juice</p>	<p>17 <b>Breakfast:</b> Cereal, Fruit, milk <b>Lunch:</b> Hamburger, WG Bun, Hash Brown, Fruit, Milk <b>Snack:</b> Sidekicks Frozen Juice, Crackers</p>	<p>18 <b>Breakfast:</b> Eggs, WG Toast, Fruit, Milk <b>Lunch:</b> Sweet and Sour Chicken, Brown Rice, Mixed Vegetables, Fruit, Milk <b>Snack:</b> Cereal, Milk</p>	<p>19  <b>EHS CLOSED</b></p>
<p>22 <b>Breakfast:</b> Cereal Fruit, Milk <b>Lunch:</b> Hamburger Hotdish with Tortilla Chips, Corn, Fruit, Milk <b>Snack:</b> Chex Mix, Juice</p>	<p>23 <b>Breakfast:</b> WG Muffin, Fruit, Milk <b>Lunch:</b> Turkey and Cheese, WG Bread, Carrots, Mixed Fruit, Milk <b>Snack:</b> Cheese Sticks and Crackers</p>	<p>24 <b>Breakfast:</b> Cereal, Fruit, milk <b>Lunch:</b> Meatballs, Sauce, WG Pasta, Freen Beans, Fruit, Milk <b>Snack:</b> Yogurt, Crackers</p>	<p>25 <b>Breakfast:</b> Pancakes, Fruit, Milk <b>Lunch:</b> Chicken Patty, WG Bun, Peas, Fruit, Milk <b>Snack:</b> WG Goldfish, Milk</p>	<p>26 <b>Breakfast:</b> Cereal, Fruit, Milk <b>Lunch:</b> Sausage Patty, Potatoes, WG Bread, Fruit, Milk <b>Snack:</b> Animal Crackers, Applesauce</p>
<p>29 <b>Breakfast:</b> Cereal, Fruit, Milk <b>Lunch:</b> Ham and Cheese, Crackers, Mixed Vegetables, Fruit, Milk <b>Snack:</b> Teddy Grahams, Milk</p>	<p>30 <b>Breakfast:</b> Waffle, Fruit, Milk <b>Lunch:</b> Cheeseburger, WG Bun, Cucumbers, Fruit, Milk <b>Snack:</b> Juice, Crackers</p>			

Lunch is served with skim milk or whole milk and water.

All bread/grain is wholemeal.

All meals are subject to change.

"Head Start/Early Head Start is an equal opportunity provider."