

September 2019

Head Start & PreSchool

LUNCH



School Information:

Welcome Back!
We're so glad to see you!



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

LABOR DAY

2

NO SCHOOL

Tuesday

Head Start:
PB&J, Baby Carrots
Banana, Milk

3

PreSchool: No School
Entrance Conferences

Wednesday

Hamburger on a Bun
Celery Sticks
Chilled Peaches
Milk

4

Thursday

Deep Dish Pizza
Red Pepper Strips
Chilled Applesauce
Milk

5

Friday

Crispy Chicken
Sandwich
Cucumber Slices
Fruit Variety
Milk

6

Chicken Strips, Dinner Roll
Sweet Potato Fries
Banana
Milk

9

Beef & Cheese
Walking Taco
Whole Kernel Corn
Orange Wedges
Milk

10

2 Pancakes
Cheese Stick
Tri Tater
Chilled Peaches
Milk

11

Hot Dog on a Bun
Baked Beans
Chilled Fruit Cocktail
Milk

12

Deli Sandwich Variety
Creamy Coleslaw
Fruit Variety
Milk

13

Corn Dog
Baby Carrots
Banana
Milk

16

Beef & Cheese
Softshell Taco
Lettuce, Salsa
Whole Kernel Corn
Chilled Peaches
Milk

17

Chicken Alfredo Pasta
Breadstick
Roasted Broccoli
Orange Wedges
Milk

18

BBQ Rib Sandwich
Creamy Coleslaw
Chilled Applesauce
Milk

19

Pepperoni BOSCO Stick
Cheese Stick
Cauliflower Bites
Fruit Variety
Milk

20

Grilled Chicken
Sandwich
Sweet Potato Fries
Banana
Milk

23

Cheesy French Bread
Marinara Sauce
Romaine Garden Salad
Chilled Pears
Milk

24

Sloppy Joe Sandwich
Baked Beans
Chilled Applesauce
Milk

25

Chicken Nuggets
Dinner Roll
Seasoned Peas
Chilled Fruit Cocktail
Milk

26

Cheese Quesadilla
Roasted Vegetable Blend
Fruit Variety
Milk

27

Teriyaki Chicken
Dippers, Dinner Roll
Baby Carrots
Banana
Milk

30



This institution is an equal opportunity provider. Menus are subject to change.