

A Nourished Student is a Learning Student!

This institution is an equal opportunity provider.

Important Notice on Menu Changes in 2023/24 School Year

We will inform the Head Start program of all menu changes prior to the serving day so a proper announcement can be made.

Su Mon

4 Labor Day



11
2 Stuffed Mozzarella Cheese Breadsticks
1/4 cup **Marinara Sauce**
1/4 cup **Seasoned Peas**
1/4 cup Mandarin Oranges

18
5 Whole Grain Mini Chicken Corn Dogs
1/4 cup **Seasoned Corn**
1/4 cup Pumpkin Pudding

25
Hamburger
On a Whole Wheat Bun
1/4 cup **Vegetarian Baked Beans**
1/4 cup Mandarin Oranges

Tue

5 No School



12
8oz Whole Grain Rotini Pasta Bake with Meat Sauce
1/4 cup **Seasoned Broccoli**
1/4 cup Mixed Fruit

19
6oz Reduced Fat Macaroni & Cheese
1/4 cup **Seasoned Broccoli**
1/4 cup Cinnamon Applesauce

26
Whole Grain Bean & Cheese Burrito
1/4 cup **Corn with Peppers**
1/4 cup **Salsa**
1/4 cup Diced Peaches

Wed

6 First Day of School

1 Eggo Whole Grain Pancake
1 Turkey Sausage
Tater Tots
1 Fresh Banana

13
2oz Reduced Fat Taco Meat and 1oz Shredded Cheddar Cheese
1 Whole Grain Tortilla Shell
1/4 cup **Refried Beans**
1/4 cup **Salsa**
1 Strawberry Cup

20
4 Beef Dippers
1 Whole Grain Dinner Roll
1/4 cup **Whipped Sweet Potatoes**
1 Fresh Banana

27
Chicken Parmesan
1 Whole Grain Roll
1/4 cup **Seasoned Broccoli**
1/4 cup Spiced Pears

Thu

7
Inside Out Burger on a Whole Grain Bun
1/4 cup **Vegetarian Baked Beans**
1/4 cup Diced Peaches

14
Whole Grain Breaded Chicken Pattie on a Whole Grain Bun
1/4 cup Green Beans
1/4 cup Diced Peaches

21
Sloppy Joes
On a Whole Wheat Bun
1/4 cup **Edamame Corn Salad**
1/4 cup Diced Peaches

28
Whole Grain Eggoji Waffle
Egg & Cheese Omelet
1 **Hash Brown Round**
1/4 cup Cinnamon Applesauce

Fri

8
1 Soybutter & Jelly Sandwich
1 bag Cheese Cubes
1 **Bag Cherry Tomatoes**
1 bag Apple Slices

15
Cold Tasty Brands Pizza Lunch Kit (Whole Grain Flat Bread, Cheese, & Marinara Sauce)
1 **Bag Baby Carrots**
1 Bag Apple Slices

22
No School

29
1 Hummus Cup
1 Mozzarella Cheese Stick
1 Whole Grain Pita (cut)
1 **Bag Baby Carrots**
1 Fresh Banana

Sat



1% White MILK INCLUDED WITH LUNCH