



HEAD START

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<ul style="list-style-type: none"> • All of our products are free of nut ingredients! • None of our products are Fried! • Seasonal produce is grown locally! 			1	2
5 SCHOOL CLOSED	6 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	7 Fruit Smoothie Whole Grain Biscuit Whole Grain Cinnamon French Toast Turkey Bacon Roasted Pineapple Vegetable Serving	8 Whole Grain Cheerios Orange Slices Whole Grain Popcorn Chicken Baked French Fries Applesauce Vegetable Serving	9 Fresh Fruit Whole Grain Banana Bread Turkey & Lettuce Whole Wheat Sandwich Cheese Slice Watermelon Vegetable Serving
12 Whole Grain Pancakes Turkey Sausage Cheeseburger w/ Whole Grain Bun Tater Tots Fresh Apple Vegetable Serving	13 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	14 Yogurt Whole Grain Granola Whole Grain Mac & Cheese All Beef Meatballs Steamed Broccoli Peaches	15 Whole Grain Cornflakes Banana Chicken Caesar Whole Grain Wrap Pasta Salad Orange Slices Vegetable Serving	16 Fresh Fruit Cup Whole Grain Cranberry Bread Sloppy Jos with Beef Whole Grain Sandwich Tater Tots Corn Fruit Serving
19 Scrambled Egg & Cheese Whole Grain Wrap Clementine Whole Grain Chicken Tenders Steamed Rice Corn Fruit Serving	20 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	21 Fruit Smoothie Whole Grain Biscuit Ham & Cheese Whole Wheat Sandwich Watermelon Vegetable Serving	22 Whole Grain Cheerios Orange Slices Grilled Cheese w/Whole Wheat Bread Hash Brown Fresh Apple Vegetable Serving	23 Fresh Fruit Whole Grain Banana Bread Whole Grain Pasta Parmesan All Beef Meatballs Steamed Green Beans Fruit Serving
26 SCHOOL CLOSED	27 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	28 Yogurt Whole Grain Granola Whole Grain Dino Tenders Steamed Rice Diced Mango Vegetable Serving	29 Whole Grain Cornflakes Banana Whole Grain Buttered Noodles All Beef Meatballs Steamed Carrots Fruit Serving	30 Fresh Fruit Cup Whole Grain Cranberry Bread Beef Taco Dinner Roll Corn Fruit Serving

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
 Portions suggested by the USDA Child and Adult Care Food Program
 Head Start children ages 3-5 years are served 1% or nonfat milk and water with meals
 E.H.S. children ages 0-2 years are served whole milk and water with meals
 HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
 MENU SUBJECT TO CHANGE WITHOUT NOTICE
 SIMPLY GOURMET LLC