


# SEPTEMBER 2022

## WELCOME TO HEADSTART

### DOVER SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>01</b> B- WAFFLES CRANBERRY JUICE L- BAKED CHICKEN MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD MANDARIN ORANGE S- WHOLE WHEAT BREAD & CHEESE	<b>02</b> B- CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S-YOGURT W/ STRAWBERRY SALSA
<b>05</b>  <u><b>LABORDAY</b></u> <u><b>SCHOOL CLOSED</b></u>	<b>06</b> B WHOLE WHEAT BAGEL LITE CREAM CHEESE APPLE JUICE L- ROTINI PASTA W/ MEAT SAUCE BROCCOLI FLORETS WHOLE WHEAT BREAD FRESH ORANGE S- WHOLE WHEAT CRACKERS & CHEESE	<b>07</b> B- FRENCH TOAST PINEAPPLE JUICE L- CHICKEN PATTY W/ CHEESE ON WHOLE WHEAT BUN BABY CARROTS FRESH STRAWBERRIES L- CUCUMBERS & HUMMUS	<b>08</b> B- - CHEESE OMELET WHOLE WHEAT BREAD ORANGE JUICE L- BLACK BEANS RICE, GREEN BEANS WHOLE WHEAT BREAD MIXED FRUIT S- TEDDY GRAHAMS & MILK	<b>09</b> B- CEREAL CHEERIOS BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S-ANIMAL CRACKERS & MILK
<b>12</b> B- HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- LENTILS, RICE GREEN BEANS WHOLE WHEAT BREAD TROPICAL FRUIT S-TRAIL MIX W/ CEREAL, DRIED FRUIT & MILK	<b>13</b> B- CORN MUFFIN APPLESAUCE L- SALISBURY STEAK GRAVY MASHED SWEET POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD DICED PEARS S- PITA BREAD W/ DICED CHEESE	<b>14</b> B-PANCAKES BLUEBERRIES & STRAWBERRIES L- MAC & CHEESE BROCCOLI FLORETS WHOLE WHEAT BREAD PEACHES S- TEDDY GRAHAMS & MILK	<b>15</b> B-OATMEAL RAISINS GRAPE JUICE L- CHICKEN & RICE SOUP EXTRA CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD MANDARIN ORANGE S- YOGURT W/ BERRIES	<b>16</b> B- RICE CRISPY CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S-WHOLE WHEAT GRAHAM CRACKERS & MILK
<b>19</b> B- CORN MUFFIN APPLESAUCE L- PINTO BEANS RICE, GREEN BEANS WHOLE WHEAT BREAD DICED PEACHES S- CUCUMBERS & HUMMUS	<b>20</b> B- SCRAMBLED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- SPAGHETTI W/ MEATBALLS DICED CARRTOS & PEAS WHOLE WHEAT BREAD FRESH WATERMELON S- ANIMAL CRACKERS & MILK	<b>21</b> B- FRENCH TOAST CRANBERRY JUICE L- GRILLD CHEESE SANDWICH ON WHOLE WHEAT BREAD TOMATO SOUP BROCCOLI FLORETS MANDARIN ORANGE S- WHOLE WHEAT CRACKERS & MILK	<b>22</b> B- YOGURT STRAWBERRY SALSA DICED PEACHES BLUEBERRIES GRAHAM CRACKER CRUMBS L- HAMBURGER W/ CHEESE WHOLE WHEAT BUN BABY CARROTS FRESH APPLE S- TRAIL MIX W/ CEREAL, DRIED FRUIT & MILK	<b>23</b> B-CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S-TEDDY GRAHAMS & MILK
<b>26</b> B- OATMEAL RAISINS GRAPE JUICE L- TACO PLATTER WHOLE WHEAT WRAP TOMATO, KERNEL CORN CHEESE FRESH ORANGE S- ANIMAL CRAKERS & MILK	<b>27</b> B- WAFFLES APPLE JUICE L-LENTILS RICE, GREEN BEANS WHOLE WHEAT BREAD DICED APRICOTS S- WHOLE WHEAT CRACKERS & CHEESE	<b>28</b> B-HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- MAC & CHEESE WHOLE WHEAT BREAD BROCCOLI FLORETS & KERNEL CORN MANDARIN ORANGE S- TRAIL MIX W/ CEREAL, DRIED FRUIT & MILK	<b>29</b> B-WHOLE WHEAT BAGEL LITE CREAM CHEESE PINEAPPLE JUICE L- PENNE PASTA W/ MEAT SAUCE SLICED CARROTS & PEAS WHOLE WHEAT BREAD MIXED FRUIT S- YOGURT W/ BERRIES	<b>30</b> B- CEREAL CHEERIOS BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S-CUCUMBERS & HUMMUS

**"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  
 HEADSTART COMMUNITY PROGRAM OF MORRIS COUNTY Inc.  
 MENU SUBJECT TO CHANGE WITHOUT NOTICE