

# JULY 2022

## HAPPY INDEPENDENCE DAY

**DOVER  
EARLY HEAD  
START  
&  
SUMMER  
SCHOOL**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



04

**SCHOOL CLOSED**  
**INDEPENDENCE DAY**

05

**B- PANCAKES  
SAUSAGE  
CRANBERRY JUICE  
L- BAKED ZITI  
W/ MEAT SAUCE  
WHOLE WHEAT BREAD  
TOSSED SALAD  
FRESH CANTALOUPE  
S- ANIMAL CRACKERS &  
MILK**

06

**B- CORN MUFFIN  
APPLESAUCE  
L-BAKED CHICKEN  
MASHED POTATOES  
MIXED VEGETABLES  
WHOLE WHEAT BREAD  
DICED PEARS  
S-WHOLE WHEAT CRACKERS  
& CHEESE  
Water flavored with watermelon**

07

**B-WHOLE WHEAT BAGEL  
LITE CREAM CHEESE  
PINEAPPLE JUICE  
L- PINTO BEANS  
RICE  
GREEN BEANS  
WHOLE WHEAT BREAD  
MANDARIN ORANGE  
S- CUCUMBERS &  
HUMMUS**

08

**B- CORN FLAKES CEREAL  
BANANA  
L- CHEESE PIZZA  
W/ EXTRA CHEESE  
TOSSED SALAD  
MIXED FRUIT  
S- TRAIL MIX & MILK**

11

**B- YOGURT  
STRAWBERRY SALSA  
PEACHES, BLUEBERRIES  
GRAHAM CRUMBS  
L- BLACK BEANS  
RICE  
GREEN BEANS  
WHOLE WHEAT BREAD  
TROPICAL FRUIT  
S- TEDDY GRAHAM & MILK**

12

**B-HARD BOILED EGGS  
WHOLE WHEAT BREAD  
ORANGE JUICE  
L- MAC & CHEESE  
SWEET PEAS  
WHOLE WHEAT BREAD  
FRESH WATERMELON  
S- WHOLE WHEAT  
CRACKERS & CHEESE**

13

**B- FRENCH TOAST  
GRAPE JUICE  
L-CHICKEN NUGGETS  
POTATO WEDGES  
BABY CARROTS  
WHOLE WHEAT BREAD  
DICED PEACHES  
S- - TRAIL MIX & MILK  
Water flavored with orange**

14

**B-CORN MUFFIN  
APPLESAUCE  
L- ROTINI PASTA  
W/ MEAT SAUCE  
SLICED CARROTS & PEAS  
WHOLE WHEAT BREAD  
FRESH HONEYDEW  
S- YOGURT W/ BERRIES**

15

**B - RICE CRISPY CEREAL  
BANANA  
L-- CHEESE PIZZA  
W/ EXTRA CHEESE  
TOSSED SALAD  
WATERMELON SLUSHY  
S- CUCUMBERS & HUMMUS**

18

**B- WHOLE WHEAT BAGEL  
LITE CREAM CHEESE  
PINEAPPLE JUICE  
L- HAMBURGER W/ CHEESE  
WHOLE WHEAT BUN  
FRENCH FRIES  
BABY CARROTS  
FRESH WATERMELON  
S-TRAIL MIX & MILK**

19

**B- PANCAKES & SAUSAGE  
CRANBERRY JUICE  
L-CHICKEN & RICE SOUP  
DICED CHICKEN  
MIXED VEGETABLES  
WHOLE WHEAT BREAD  
APRICOTS  
S- WHOLE WHEAT GRAHAM  
CRACKERS & MILK**

20

**B- CORN MUFFIN  
APPLESAUCE  
L- MAC & CHEESE  
WHOLE WHEAT BREAD  
BROCOLI, KERNEL CORN  
DICED PEARS  
S- PITA BREAD & HUMMUS  
Water flavored with lemon**

21

**B- WAFFLES  
APPLE JUICE  
L-CHICKEN FAJITA  
SOFT WHEAT WRAP  
DICED TOMATO  
KERNEL CORN  
SHREDDED CHEESE  
FRESH STRAWBERRIES  
S- CUCUMBERS &  
HUMMUS**

22

**B- CHEERIOS CEREAL  
BANANA  
L- CHEESE PIZZA W/ EXTRA  
CHEESE  
TOSSED SALAD  
MIXED FRUIT  
S- TEDDY GRAHAMS & MILK  
**LAST DAY E.H.S. &  
SUMMER SCHOOLL****



**"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 with meals  
E.H.S. children ages 0-2 years are served whole milk with meals  
HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.  
MENU SUBJECT TO CHANGE WITHOUT NOTICE