



HEAD START

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
		1 Yogurt Whole Grain Granola Whole Grain French Toast Sticks Turkey Sausage Sliced Peaches Vegetable Serving	2 Whole Grain Cereal Clementine Whole Grain Popcorn Chicken Cheese Stick Orange Slices Vegetable Serving	3 Fresh Fruit Cup Whole Grain Cranberry Bread Whole Grain Mac & Cheese All Beef Meatball Apple Slices Vegetable Serving
6 Whole Grain Banana Pancake Bar Hard Boiled Egg Whole Grain Chicken Tenders Steamed Rice Clementine Vegetable Serving	7 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pasta Marinara Parmesan All Beef Meatballs Steamed Green Beans Fruit Serving	8 Fruit Smoothie Wheat Bread Whole Grain Pizza Rollup Pastina Sliced Cucumbers Fruit Serving	9 Whole Grain Cherrios Orange Slices Whole Grain Buttered Noodles All Beef Meatballs Fresh Broccoli Fruit Serving	10 Fresh Fruit Whole Grain Banana Bread Whole Grain Popcorn Chicken Waffle Fries Peaches Vegetable Serving
13 Whole Grain Pancakes Turkey Sausage Turkey Sandwich on Whole Wheat String Cheese Mandarin Oranges Vegetable Serving	14 Whole Grain Blueberry Muffin Peaches Cheeseburger w/Whole Wheat Bun Baked French Fries Sliced Tomato Fruit Serving	15 Yogurt Whole Grain Granola Whole Grain Chicken & Cheese Soft Taco Steamed Rice Corn Salad Fruit Serving	16 Whole Grain Cereal Clementine Whole Grain Dino Chicken Hash Brown Sliced Cucumbers Fruit Serving	17 Fresh Fruit Cup Whole Grain Cranberry Bread Whole Grain Grilled Cheese Rollup Turkey Slice Nectarine Vegetable Serving
20 Whole Grain Banana Pancake Bar Hard Boiled Egg Whole Grain Pasta Marinara Parmesan All Beef Meatballs Fresh Apple Vegetable Serving	21 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Mac & Cheese Turkey Sausage Applesauce Vegetable Serving	22 Fruit Smoothie Wheat Bread Whole Grain Dino Chicken Cauliflower Bites Apple Slices Vegetable Serving	23	24
27	28	29	30	

"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
 SIMPLY GOURMET LLC