



2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Yogurt Whole Grain Granola</p> <p>Whole Grain Dino Tenders Steamed Rice Apple Slices Vegetable Serving</p>	<p>2</p> <p>Rice Krispies Craisins</p> <p>Whole Grain Chicken Nuggets Whole Grain Mac & Cheese Orange Slices Vegetable Serving</p>	<p>3</p> <p>Fresh Fruit Cup Whole Grain Banana Bread</p> <p>Whole Grain Taco Cheese Quesadilla Turkey Sausage Corn Fruit Serving</p>
<p>6</p> <p>Scrambled Egg & Cheese Whole Grain Wrap Diced Mangos</p> <p>Whole Grain Buttered Noodles Turkey Sausage Applesauce Vegetable Serving</p>	<p>7</p> <p>Whole Grain Cranberry Muffin Mandarin Oranges</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>8</p> <p>Fruit Smoothie Whole Grain Biscuit</p> <p>Hamburger Whole Grain Bun American Cheese Slice Steamed Carrots Fruit Serving</p>	<p>9</p> <p>Cornflakes Fruit Cocktail</p> <p>Whole Grain Chicken Nuggets Dinner Roll Snow Peas Fruit Serving</p>	<p>10</p> <p>Fresh Fruit WG Banana Bread</p> <p>Whole Grain Mac & Cheese Hard Boiled Egg Cucumbers Fruit Serving</p>
<p>13</p> <p>Whole Grain Pancakes Turkey Sausage</p> <p>Whole Grain Chicken & Cheese Soft Taco Turkey Sausage Corn Fruit Serving</p>	<p>14</p> <p>Whole Grain Blueberry Muffin Peaches</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>15</p> <p>Yogurt Whole Grain Granola</p> <p>Whole Grain Buttered Noodles Hard Boiled Egg Clementine Vegetable Serving</p>	<p>16</p> <p>Rice Krispies Craisins</p> <p>Whole Grain Chicken Tenders Steamed Rice Steamed Green Beans Fruit Serving</p>	<p>17</p> <p>Fresh Fruit Cup Whole Grain Banana Bread</p> <p>Whole Grain Ravioli in Butter Sauce All Beef Meatballs Steamed Broccoli Fruit Serving</p>
<p>20</p> <p>Scrambled Egg & Cheese Whole Grain Wrap Diced Mangos</p> <p>Whole Grain Chicken Nuggets Whole Grain Mac & Cheese Mandarin Oranges Vegetable Serving</p>	<p>21</p> <p>Whole Grain Cranberry Muffin Mandarin Oranges</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>22</p> <p>Fruit Smoothie Whole Grain Biscuit</p> <p>Whole Grain Cinnamon French Toast Sticks Hard Boiled Egg Diced Peaches Vegetable Serving</p>	<p>23</p> <p>Cornflakes Fruit Cocktail</p> <p>Whole Grain Mac & Cheese Turkey Sausage Apple Slices Vegetable Serving</p>	<p>24</p> <p>Fresh Fruit Whole Grain Banana Bread</p> <p>Whole Grain Grilled Cheese Chicken & Rice Soup Clementine Vegetable Serving</p>
<p>27</p> <p>Whole Grain Pancakes Turkey Sausage</p> <p>Whole Grain Dino Tenders Steamed Rice Orange Slices Vegetable Serving</p>	<p>28</p> <p>Whole Grain Blueberry Muffin Peaches</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>29</p> <p>Yogurt Whole Grain Granola</p> <p>Whole Grain Pasta Marinara Turkey Slice Cucumbers Fruit Serving</p>	<p>30</p> <p>Rice Krispies Craisins</p> <p>Hamburger Whole Grain Bun American Cheese Slice Applesauce Vegetable Serving</p>	<p>31</p> <p>Fresh Fruit Cup Whole Grain Banana Bread</p> <p>Whole Grain Buttermilk Pancakes Hard Boiled Egg Diced Mangos Vegetable Serving</p>

"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 with meals
 HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
 Simply Gourmet LLC
 MENU SUBJECT TO CHANGE WITHOUT NOTICE