

JUNE 2022

WELCOME SUMMER

DOVER HEAD START/ EARLY HEAD START AND WHARTON DUFFY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 B-HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- ROTINI PASTA W/ MEAT SAUCE SLICED CARRTOS & PEAS WHOLE WHEAT BREAD FRESH APPLE S- ANIMAL CRACKERS & MILK</p>	<p>2 B-OATMEAL & RAISINS GRAPE JUICE L- BLACK BEANS RICE GREEN BEANS WHOLE WHEAT BREAD DICED PEARS S- SLICED BREAD W/ CHEESE</p>	<p>3 B- CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- TRAIL MIX & MILK</p>
<p>06 B-FRENCH TOAST CRANBERRY JUICE L- CHICKEN FAJITA SOFT WHEAT WRAP DICED TOMATO, KERNEL CORN, SHREDDED CHEESE FRESH ORANGE S- YOGURT W/ BERRIES</p>	<p>07 B- YOGURT STRAWBERRY SALSA PEACHES, BLUEBERRIES GRAHAM CRUMBS L-PINTO BEANS RICE GREEN BEANS WHOLE WHEAT BREAD APRICOTS S- TEDDY GRAHAMS & MILK</p>	<p>08 B- CORN MUFFIN APPLE SAUCE L- SALISBURY STEAK W/ GRAVY SWEET POTATOES MIXED VEGETABLES SLICED BREAD WATERMELON S-TRAIL MIX & MILK</p>	<p>09 B-OATMEAL & RAISINS GRAPE JUICE L- HAMBURGER W/ CHEESE WHOLE WHEAT BUN BABY CARROTS DICED PEACHES M-PITA BREAD & CHEESE</p>	<p>10 B- CHEERIOS CEREAL BANANA L-CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PEACHES S- WHOLE GRAIN GRAHAM CRACKERS & MILK</p>
<p>13 B- WHOLE GRAIN BAGEL PINEAPPLE JUICE L- ZITI PASTA W/ MEAT SAUCE SLICED CARROTS SWEET PEAS WHOLE WHEAT BREAD FRESH ORANGE S- ANIMAL CRACKERS & MILK</p>	<p>14 B- CHEESE OMELET WHOLE WHEAT BREAD ORANGE JUICE L- CHICKEN NUGGETS WHOLE WHEAT BREAD POTATO WEDGES FRESH APPLE S-WHOLE WHEAT CRACKERS & CHEESE</p>	<p>15 B-CORN MUFFIN APPLE SAUCE L- TACO PLATTER SOFT WRAP KERNEL CORN DICED TOMATO CHEESE TROPICAL FRUIT S- TEDDY GRAHAM & MILK</p>	<p>16 B-WAFFLES APPLE JUICE L- CHICKEN NOODLE SOUP MIXED VEGETABLES DICED CHICKEN WHOLE WHEAT BREAD MANDARIN ORANGE S- YOGURT W/ BERRIES <u>WHARTON CLASSES</u> <u>EARLY DISSMISAL</u></p>	<p>17 B-RICE CRISPY CEREAL BANANA L-CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- TRAIL MIX & MILK <u>WHARTON LAST DAY</u> <u>EARLY DISSMISAL</u></p>
<p>20 B- PANCAKES & SAUSAGE CRANBERRY JUICE L-MAC & CHEESE BROCCOLI FLORETS & KERNEL CORN WHOLE WHEAT BREAD DICED PEACHES S-YOGURT & BERRIES</p>	<p>21 B- CORN MUFFIN APPLE SAUCE L-PENNE PASTA W/ MEAT SAUCE CARROTS & PEAS WHOLE WHEAT BREAD DICED PEARS S-TEDDY GRAHAM & MILK <u>DOVER LAST DAY</u></p>	<p>22 B- HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L-TOMATO SOUP GRILLED CHEESE SANDWICH ON WHOLE WHEAT BREAD SLICED CARROTS FRESH STRAWBERRIES S- PITA BREAD & HUMMUS <u>E.H.S. ONLY</u></p>	<p>23 B- WAFFLES PINEAPPLE JUICE L- ROASTED CHICKEN W/ GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRESH WATERMELON S-TRAIL MIX & MILK <u>E.H.S. ONLY</u></p>	<p>24 B- CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS M- WHOLE GRAIN GRAHAM CRACKERS & MILK <u>E.H.S. ONLY</u></p>
<p>27 B- OATMEAL & RAISINS GRAPE JUICE L- CHICKEN NUGGETS FRENCH FRIES WHOLE WHEAT BREAD SLICED CARROTS FRESH ORANGE M- PITA BREAD & HUMMUS <u>SUMMER PROGRAM</u> <u>BEGINS</u></p>	<p>28 B- CORN MUFFIN APPLE SAUCE L- LENTILS & RICE GREEN BEANS WHOLE WHEAT BREAD APRICOTS S- WHOLE WHEAT CRAKERS & CHEESE</p>	<p>29 B- SCRAMBLED EGGS SLICED BREAD ORANGE JUICE L- MAC & CHEESE BROCCOLI FLORETS KERNEL CORN SLICED WHOLE WHEAT BREAD MANDARIN ORANGE S- ANIMAL CRACKERS & MILK</p>	<p>30 B- WHOLE GRAIN BAGEL LITE CREAM CHEESE APPLE JUICE L- PENNE PASTA W/ MEAT SAUCE SWEET PEAS & CARROTS WHOLE WHEAT BREAD DICED PEACHES S- YOGURT W/ BERRIES</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 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