

MARCH 2023

HAPPY ST. PATRICK'S DAY

DOVER HEAD START/ EARLY HEAD START MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>01</p> <p>B- OATMEAL & RAISINS GRAPE JUICE L- GRILLED CHEESE SANDWICH WHOLE WHEAT BREAD TOMATO SOUP APPLES S- PITA BREAD & CHEESE</p>	<p>02</p> <p>B- HARD BOILED EGGS ORANGE JUICE WHOLE WHEAT BREAD L- PENNE W/ MEAT BALLS PEAS & CARROTS MIXED FRUIT S-YOGURT W/ BERRIES</p>	<p>03</p> <p>B-CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE MIXED VEGETABLES PINEAPPLE TIDBITS S- ANIMAL CRACKERS & MILK</p>
<p>06</p> <p>B- CORN MUFFIN APPLE SAUCE L- TURKEY TACO W/WHOLE WHEAT WRAPS PEPPERS, ONIONS SHREDDED CHEESE APRICOTS S- YOGURT W/ BERRIES</p>	<p>07</p> <p>B- WHOLE GRAIN PANCAKES CRANBERRY JUICE L- BEEF PICADILLO W/RICE APPLES S- GRAHAM CRACKERS & MILK</p>	<p>08</p> <p>B- EGG PATTY WHOLE WHEAT BREAD ORANGE JUICE L-HAMBURGER W/CHEESE WHOLE WHEAT BUN SWEET POTATO FRIES STRAWBERRIES S-WHOLE WHEAT CRACKERS & CHEESE</p>	<p>09</p> <p>B-WHOLE WHEAT BAGEL LITE CREAM CHEESE APPLE JUICE L- CHICKEN STIR FRY W/BROCCOLI, PEPPERS, CARROTS RICE DICED PEACHES S- CUCUMBERS & YOGURT</p>	<p>10</p> <p>B- CHEERIOS CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- ANIMAL CRACKERS & MILK</p>
<p>13</p> <p>B- OATMEAL & RAISINS GRAPE JUICE L- GRILLED CHEESE WHOLE WHEAT BREAD TOMATO SOUP APPLES S- CUCUMBERS & YOGURT</p>	<p>14</p> <p>B-EGG PATTY WHOLE WHEAT BREAD ORANGE JUICE L- TURKEY TACO W/WHOLE WHEAT WRAPS PEPPERS, ONIONS SHREDDED CHEESE APRICOTS S- WHOLE WHEAT CRACKERS & CHEESE</p>	<p>15</p> <p>B- YOGURT STRAWBERRY SALSA PEACHES, BLUEBERRIES GRAHAM CRUMBS L-BEEF PICADILLO W/RICE DICED PEACHES S-TRAIL MIX & MILK</p>	<p>16</p> <p>B-CORN MUFFIN APPLE SAUCE L-PENNE W/ MEAT BALLS PEAS & CARROTS MIXED FRUIT S- YOGURT W/ BERRIES</p>	<p>17</p> <p>B - RICE CRISPY CEREAL BANANA L-CHEESE PIZZA W/ EXTRA CHEESE MIXED VEGETABLES PINEAPPLE TIDBITS S- ANIMAL CRACKERS & MILK</p>
<p>20</p> <p>B- PANCAKES & SAUSAGE CRANBERRY JUICE L-BLACK BEANS RICE GREEN BEANS MANDARIN ORANGE S- WHOLE WHEAT GRAHAM CRACKERS & MILK</p>	<p>21</p> <p>B- HARD BOILED EGGS ORANGE JUICE L- HAMBURGER W/CHEESE WHOLE WHEAT BUN SWEET POTATO FRIES STRAWBERRIES S-ANIMAL CRACKERS</p>	<p>22</p> <p>B- CORN MUFFIN APPLE SAUCE WHOLE WHEAT BREAD L - CHICKEN STIR FRY W/ BROCCOLI, PEPPERS, CARROTS RICE DICED PEACHES S-YOGURT W/ BERRIES</p>	<p>23</p> <p>B- FRENCH TOAST ORANGE JUICE L- GRILLED CHEESE WHOLE WHEAT BREAD TOMATO SOUP APPLES S- TRAIL MIX & MILK</p>	<p>24</p> <p>B- CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S-ANIMAL CRACKERS & MILK</p>
<p>27</p> <p>B- YOGURT STRAWBERRY SALSA PEACHES, BLUEBERRIES GRAHAM CRUMBS L- HAMBURGER W/ CHEESE WHOLE WHEAT BUN DICED POTATOES APPLES S- WHOLE WHEAT CRACKER & CHEESE</p>	<p>28</p> <p>B- OATMEAL & RAISINS GRAPE JUICE L- CHICKPEAS AND TOMATOES W/ RICE DICED PEARS S- TRAIL MIX & MILK</p>	<p>29</p> <p>B- FRENCH TOAST PINEAPPLE JUICE L- BEEF PICADILLO W/RICE PEACHES S- GRAHAM CRACKERS & MILK</p>	<p>30</p> <p>B-WHOLE GRAIN PANCAKES APPLE JUICE L- PENNE W/ MEAT BALLS PEAS & CARROTS FRESH STRAWBERRIES S- YOGURT W/ BERRIES</p>	<p>31</p> <p>B- CHEERIOS CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE GREEN BEANS PINEAPPLE TIDBITS S- ANIMAL CRACKERS & MILK</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