

MAY 2022

HAPPY MOTHER'S DAY

DOVER HEAD START/ EARLY HEAD START AND WHARTON DUFFY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>B- FRENCH TOAST PINEAPPLE JUICE L- MAC & CHEESE WHOLE WHEAT BREAD BROCCOLI FLORETS & KERNEL CORN MIXED BERRIES S- ANIMAL CRACKERS & MILK</p>	<p>3</p> <p>B- CORN MUFFIN APPLE SAUCE L- PINTO BEANS RICE GREEN BEANS WHOLE WHEAT BREAD FRESH ORANGE S- YOGURT & FRUIT</p>	<p>4</p> <p>B- WHOLE GRAIN BAGEL LITE CREAM CHEESE CRANBERRY JUICE L- CHICKEN NUGGETS SWEET POTATO FRIES WHOLE WHEAT BREAD FRESH APPLE S- CUCUMBERS & HUMMUS</p>	<p>5</p> <p>B- CHEESE OMELET WHOLE WHEAT BREAD ORANGE JUICE L- HAMBURGER W/ CHEESE WHOLE WHEAT BUN FRESH CARROTS DICED STRAWBERRIES S- TEDDY GRAHAM CRACKERS & MILK</p>	<p>6</p> <p>B- CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- TRAIL MIX</p>
<p>9</p> <p>B- OATMEAL & RAISINS GRAPE JUICE L- CHICKEN FAJITA WHOLE WHEAT WRAP KERNEL CORN, TOMATO SHREDDED CHEESE APRICOT S- PITA BREAD & HUMMUS</p>	<p>10</p> <p>B-HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE S- SPAGHETTI W/ MEATBALLS WHOLE WHEAT BREAD SLICED CARROTS & SWEET PEAS FRUIT MIX S- TEDDY GRAHAMS & MILK</p>	<p>11</p> <p>B- WAFFLES APPLE JUICE L- CHICKEN PATTY W/ CHEESE WHOLE WHEAT BUN BROCCOLI FLORETS MANDARIN ORANGE S- YOGURT W/ FRUIT</p>	<p>12</p> <p>B-CORN MUFFIN APPLE SAUCE L- BLACK BEANS RICE GREEN BEANS WHOLE WHEAT BREAD DICED PEACHES S- ANIMAL CRACKERS & MILK</p>	<p>13</p> <p>B- CHEERIOS CEREAL BANANA L-CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD FRESH STRAWBERRIES S- WHOLE GRAIN CRACKERS & MILK</p>
<p>16</p> <p>B-WHOLE GRAIN BAGEL LITE CREAM CHEESE CRANBERRY JUICE L- PENNE PASTA W/ MEAT SAUCE SLICED CARROTS SWEET PEAS WHOLE WHEAT BREAD FRESH ORANGE S- TEDDY GRAHAM & MILK</p>	<p>17</p> <p>B- SCRAMBLED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRUIT COCKTAIL S- YOGURT W/ BERRIES</p>	<p>18</p> <p>B- PANCAKES & SAUSAGE PINEAPPLE JUICE L- LENTILS & RICE GREEN BEANS WHOLE WHEAT BREAD FRESH WATERMELON S- PITA BREAD W/ HUMMUS</p>	<p>19</p> <p>B- YOGURT STRAWBERRY SALSA DICED PEACHES BLUEBERRIES GRAHAM CRUMBS L- CHICKEN RICE SOUP DICED CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD APRICOTS S- TRAIL MIX & MILK</p>	<p>20</p> <p>B- RICE CRISPY CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- WHOLE GRAIN CRACKERS & CHEESE</p>
<p>23</p> <p>B- CORN MUFFIN APPLE SAUCE L- TACO PLATTER W/ BEANS DICED TOMATO, KERNEL CORN, SHREDDED CHEESE WHOLE WHEAT WRAP FRESH APPLE S- YOGURT W/ BERRIES</p>	<p>24</p> <p>B- WAFFLES GRAPE JUICE L- MAC & CHEESE BROCCOLI FLORETS WHOLE WHEAT BREAD DICED PEARS S- WHOLE GRAIN CRACKERS & CHEESE</p>	<p>25</p> <p>B- CHEESE OMELET WHOLE WHEAT BREAD ORANGE JUICE L- PINTO BEANS RICE GREEN BEANS WHOLE WHEAT BREAD FRUIT SALAD S- TRAIL MIX & MILK</p>	<p>26</p> <p>B- WHOLE GRAIN BAGEL LITE CREAM CHEESE CRANBERRY JUICE L- ROASTED CHICKEN W/ GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRESH ORANGE S- ANIMAL CRACKERS & MILK</p>	<p>27</p> <p><u>ROOM # 1 DOVER & WHARTON IN SERVICE</u></p>
<p>30</p> <p><u>SCHOOL CLOSED</u> <u>MEMORIAL DAY</u></p>	<p>31</p> <p>B- CORN MUFFIN APPLE SAUCE L- MAC & CHEESE WHOLE WHEAT BREAD BROCCOLI & KERNEL CORN APRICOT S- TEDDY GRAHAM CRACKERS</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