

Dover Site Menu

MONDAY	TUESDAY	Dover Site Menu WEDNESDAY	THURSDAY	FRIDAY
MONDAT	TCESDAT	WEDNESDAT	1	2
	Pruts Crains Chairy Vegetables Protein Choose My Plate.gov		B-Cheerios Cereal Sliced Peaches L-Black Beans Brown Rice Sliced Carrots Sliced Pears S-Whole Wheat Crackers Mozzarella Cheese	B-Whole Grain Oatmeal Sliced Oranges L-Hamburger Whole Wheat Bun Corn Watermelon S-Applesauce Whole Wheat Goldfish
5 B-Whole Grain Oatmeal Blueberries L-Grilled Cheese Whole Wheat Bread Sliced Carrots Apples/Applesauce S-Yogurt Sliced Pears	6 B- Scrambled Eggs Corn Muffin Orange Juice L-Cheesy Chicken Bake Whole Grain Pasta Peas Sliced Peaches S- Whole Wheat Graham Crackers Milk	7 B-Whole Wheat Pancake Banana L-Whole Grain Pasta Ground Beef w/Tomato Sauce Broccoli Mandarin Oranges S-Yogurt Blackberries	8 B-Whole Wheat Bagel Sliced Peaches L-Diced Chicken Brown Rice Corn Fresh Pineapple S-Whole Wheat Crackers Mozzarella Cheese	9 B-Cheerios Cereal Sliced Oranges L-Hamburger Whole Wheat Bun Mixed Vegetables Watermelon S-Applesauce Whole Wheat Goldfish
B-Whole Wheat Blueberry Muffin Orange Juice L- Cheesy Chicken Bake Whole Grain Pasta Peas Sliced Peaches S-Yogurt Sliced Pears Breakfast with Mom's	13 B-Scrambled Eggs Whole Wheat Toast Mixed Berry Fruit Cup L-Diced Chicken Brown Rice Corn Apricots S- Whole Wheat Graham Crackers Milk	14 B-Whole Wheat Pancake Banana L-Whole Grain Pasta Ground Beef w/Tomato Sauce Broccoli Cantaloupe S-Yogurt Mixed Berry Cup	15 B-Cheerios Cereal Sliced Oranges L-Hamburger Whole Wheat Bun Sweet Potato Fries Watermelon S-Whole Wheat Crackers Mozzarella Cheese	16 B-Whole Grain Oatmeal Blueberries L-Whole Wheat Pizza/w Extra Cheese Mixed Green Salad Fresh Pineapple S-Applesauce Whole Wheat Goldfish
19 B-Cheerios Cereal Orange Juice L-Grilled Cheese Whole Wheat Bread Peas Applesauce S-Yogurt Sliced Pears	20 B-Whole Wheat Bagel Blueberries L-Diced Chicken Brown Rice Corn Pineapple S- Whole Wheat Graham Crackers Milk	21 B-Whole Wheat Pancake Banana L-Whole Grain Pasta Ground Beef w/Tomato Sauce Broccoli Sliced Peaches S-Yogurt Mixed Berry Cup	School Closed	School Closed
School Closed	School Closed	School Closed	29 B-Cheerios Cereal Sliced Peaches L-Pinto Beans Brown Rice Corn Apricots S-Whole Wheat Crackers Mozzarella Cheese	30 B-Whole Grain Oatmeal Blueberries L-Whole Wheat Pizza/w Extra Cheese Sliced Carrots Fresh Pineapple S-Applesauce Whole Wheat Goldfish

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
Portions suggested by the USDA Child and Adult Care Food Program
Head Start children ages 2-5 years are served 1% or nonfat milk with meals
E.H.S. children ages 0-23 months are served whole milk with meals
HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
MENU SUBJECT TO CHANGE WITHOUT NOTICE