

SEPTEMBER 2024

Dover Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 School Closed	03 B-Whole Grain Pancakes Apple Juice L-Black Beans Brown Rice Pineapple Sliced Carrots S-Mixed Fruit Whole Wheat Goldfish	04 B-Corn Muffin Scrambled Eggs Orange Juice L-Meat Sauce w/ Ground Beef Whole Grain Pasta Sliced Pears Mixed Vegetables S- Whole Wheat Graham Crackers Milk	05 B-Whole Grain Bagel Orange Slices L-Whole Wheat Tortilla Diced Chicken Brown Rice Apricots Lettuce, Tomatoes, Corn S-Trail Mix w/Dried Cereal Milk	06 B-Cheerios Cereal Banana L-Whole Wheat Pizza w/Extra Cheese Watermelon Broccoli S-Strawberry Yogurt Whole Wheat Crackers Cucumbers
09 B-Whole Grain Oatmeal Sliced Peaches L-Grilled Cheese Sandwich Whole Wheat Bread Tomato Soup Applesauce Green Beans S-Strawberry Slices Animal Crackers	10 B-Corn Muffin Scrambled Eggs Orange Juice L-Lentils Brown Rice Pineapple Sliced Carrots S-Mixed Fruit Whole Wheat Goldfish	11 B-Whole Wheat Waffle Apple Juice L-Meat Sauce w/ Ground Beef Whole Grain Pasta Sliced Pears Mixed Vegetables S- Whole Wheat Graham Crackers Milk	12 B-Whole Grain Bagel Orange Slices L-Whole Wheat Tortilla Diced Chicken Brown Rice Apricots Lettuce, Tomatoes, Corn S-Trail Mix w/Dried Cereal Milk	13 B-Cheerios Cereal Banana L-Whole Wheat Pizza w/Extra Cheese Watermelon Broccoli S-Strawberry Yogurt Whole Wheat Crackers Cucumbers
16 B-Whole Grain Oatmeal Sliced Peaches L-Grilled Cheese Sandwich Whole Wheat Bread Tomato Soup Applesauce/Apple Slices Green Beans S-Strawberry Slices Animal Crackers	17 B-Corn Muffin Egg Patty Orange Juice L-Black Beans Brown Rice Pineapple Peas S-Mixed Fruit Whole Wheat Goldfish	18 B-Whole Grain Pancakes Apple Juice L-Meat Sauce w/ Ground Beef Whole Grain Pasta Sliced Pears Mixed Vegetables S- Whole Wheat Graham Crackers Milk	19 B-Whole Grain Bagel Orange Slices L-Whole Wheat Tortilla Diced Chicken Brown Rice Apricots Lettuce, Tomatoes, Corn S-Trail Mix w/Dried Cereal Milk	20 B-Cheerios Cereal Banana L-Whole Wheat Pizza w/Extra Cheese Watermelon Broccoli S-Strawberry Yogurt Whole Wheat Crackers Cucumbers
23 B-Whole Grain Oatmeal Sliced Peaches L-Grilled Cheese Sandwich Whole Wheat Bread Tomato Soup Applesauce Green Beans S-Strawberry Slices Animal Crackers	24 B-Corn Muffin Scrambled Eggs Orange Juice L-Lentils Brown Rice Pineapple Peas S-Mixed Fruit Whole Wheat Goldfish	25 B-Whole Grain Pancakes Apple Juice L-Meat Sauce w/ Ground Beef Whole Grain Pasta Sliced Pears Mixed Vegetables S- Whole Wheat Graham Crackers Milk	26 B-Whole Grain Bagel Sliced Peaches L-Whole Wheat Tortilla Diced Chicken Brown Rice Apricots Lettuce, Tomatoes, Corn S-Trail Mix w/Dried Cereal Milk	27 B-Cheerios Cereal Banana L-Whole Wheat Pizza w/Extra Cheese Watermelon Broccoli S-Strawberry Yogurt Whole Wheat Crackers Cucumbers
30 B-Whole Grain Oatmeal Sliced Peaches L-Grilled Cheese Sandwich Whole Wheat Bread Tomato Soup Applesauce Green Beans S-Strawberry Slices Animal Crackers				

"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