



HEAD START

RCG Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
SPRING BREAK				
<p>8</p> <p>Whole Grain Waffles Apple slices</p> <p>Whole Grain Chicken Nuggets Whole Wheat Bread Mandarin Oranges Vegetable Serving</p>	<p>9</p> <p>Whole Grain Corn Muffin Mandarin Oranges</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>10</p> <p>Whole Grain Cheerios Banana</p> <p>Whole Grain Chicken Sticks Dinner Roll Clementine Vegetable Serving</p>	<p>11</p> <p>Whole Grain Banana Bread Diced Mangos</p> <p>Hamburger Whole Grain Bun 2 sli. American Cheese Apple Slices Vegetable Serving</p>	<p>12</p> <p>Whole Grain Cinnamon Bread Berries</p> <p>Whole Grain Chicken & Cheese Quesadilla Seasoned Black Beans Side Salad Fruit Serving</p>
<p>15</p> <p>Whole Grain Waffles Mandarins</p> <p>Whole Grain Butter Noodles Turkey Sausage Cucumber Salad Fruit Serving</p>	<p>16</p> <p>Whole Grain Blueberry Muffin Diced Peaches</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>17</p> <p>Whole Grain Cinnamon Bread Applesauce</p> <p>Whole Grain Chicken Tenders Steamed White Rice Diced Mango Asparagus</p>	<p>18</p> <p>Whole Grain Cornflakes Orange Slices</p> <p>Whole Grain Mac & Cheese All Beef Meatballs Apple Slices Vegetable Serving</p>	<p>19</p> <p>Whole Grain Pancake Bites Fruit Cocktail</p> <p>Whole Grain Chicken Nuggets Dinner Roll Corn Salad Fruit Serving</p>
<p>22</p> <p>Whole Grain Waffles Apple slices</p> <p>Whole Grain Dino Tenders Whole Wheat Bread Cauliflower Fruit Serving</p>	<p>23</p> <p>Whole Grain Corn Muffin Mandarin Oranges</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>24</p> <p>Whole Grain Cheerios Banana</p> <p>Grilled Cheese WW Whole Grain Buttered Elbows Clementine Vegetable Serving</p>	<p>25</p> <p>Whole Grain Banana Bread Diced Mangos</p> <p>Chicken Teriyaki Whole Grain Lo Mein Edamame Fruit Serving</p>	<p>26</p> <p>Whole Grain Cinnamon Bread Berries</p> <p>All Beef Meatballs in Marinara Whole Grain Dinner Roll Sliced Cucumbers Fruit Serving</p>
<p>29</p> <p>Whole Grain Waffles Mandarins</p> <p>Whole Grain Chicken Sticks Steamed White Rice Orange Slices Vegetable Serving</p>	<p>30</p> <p>Whole Grain Blueberry Muffin Diced Peaches</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>			

"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 and water 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