





# MARCH 2024

## Dover Site Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Animal Crackers
04 B-Vanilla Yogurt Blueberries Whole Grain Graham Crackers L- Chicken Patty Whole Grain Bun Sliced Carrots Sliced Apricots S-Whole Wheat Crackers Sliced Mozzarella Cheese	05 B-Scrambled Eggs Whole Grain French Toast Orange Juice L-Macaroni and Cheese Black Beans Tossed Salad Pineapple S-Whole Wheat Graham Crackers Milk	06 B-Whole Grain Waffle Apple Juice L-Meat Sauce Whole Grain Pasta Green Beans Sliced Pears S-Strawberry Yogurt Trail Mix w/Whole Grain Cereal	07, B-Whole Grain Bagel Sliced Peaches L-Grilled Cheese Whole Wheat Bread Tomato Soup Cucumbers Mandarin Oranges S- Whole Wheat Goldfish Applesauce	08 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Animal Crackers
11 B-Whole Grain Oatmeal Blueberries L-Cheesy Chicken w/ Whole Grain Pasta Sliced Carrots Sliced Apples S-Whole Wheat Crackers Sliced Mozzarella Cheese	12 B-Egg Patty Whole Wheat English Muffin Orange Juice L-Chicken Stripes Tossed Salad Dinner Roll Sliced Apricots S-Whole Wheat Graham Crackers Milk	13 B-Whole Grain Pancake Apple Juice L-Meat Sauce Whole Grain Pasta Green Beans Sliced Pears S-Strawberry Yogurt Trail Mix w/Whole Grain Cereal	14 B-Whole Grain Bagel Sliced Peaches L- Turkey Tacos Whole Grain Tortilla Lettuce, Tomato, Corn Pineapple S-Whole Wheat Goldfish Applesauce	15 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli and Spinach Watermelon S-Blueberry Yogurt Animal Crackers
18 B-Turkey Sausage Patty Whole Grain Toast Applesauce L-Macaroni and Cheese Whole Wheat Pasta Black Beans Sliced Carrots Sliced Apples S-Whole Wheat Crackers Sliced Mozzarella Cheese	19 B-Scrambled Eggs Whole Grain French Toast Orange Juice L-Turkey and Cheese Sandwich Sweet Potato Fries Tossed Salad Pineapple S-Whole Wheat Graham Crackers Milk	20 B-Whole Grain Pancake Apple Juice L-Meat Sauce Whole Grain Pasta Green Beans Sliced Pears S-Strawberry Yogurt Trail Mix w/Whole Grain Cereal	21 B-Whole Grain Bagel Sliced Peaches L- Turkey Tacos Whole Grain Tortilla Lettuce, Tomato, Corn Sliced Apricots S-Whole Wheat Goldfish Applesauce	22 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli and Spinach Watermelon S-Blueberry Yogurt Animal Crackers  <b>EHS ONLY</b> <b>Head Start Closed-Staff in</b> <b>Service</b>
25 B-Whole Grain Oatmeal Applesauce L-Chicken Strips Whole Wheat Pita Pocket Lettuce, Tomato, Cucumbers Sliced Apples S-Whole Wheat Crackers Sliced Mozzarella Cheese	26 B-Scrambled Eggs Whole Grain French Toast Orange Juice L- Pinto Beans Brown Rice Sliced Carrots Pineapple S-Whole Wheat Graham Crackers Milk	27 B-Whole Grain Waffle Apple Juice L-Meat Sauce Whole Grain Pasta Green Beans Sliced Pears S-Strawberry Yogurt Trail Mix w/Whole Grain Cereal	2 B-Whole Grain Bagel Sliced Peaches L- Chicken Nuggets Beans and Brown Rice Sliced Carrots Sliced Apricots S-Whole Wheat Goldfish Applesauce	29  <b>SCHOOL</b> <b>CLOSED</b>

**"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**