





# HEADSTART

## RCG Site Menu

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
		<p>1 Whole Grain Cinnamon Bread Applesauce</p> <p>Whole Grain Dino Tenders Whole Grain Biscuit Diced Mango Vegetable Serving</p>	<p>2 Cornflakes Orange Slices</p> <p>Whole Grain Mac &amp; Cheese Turkey Sausage Steamed Carrots Fruit Serving</p>	<p>3 Whole Grain Pancake Bites Fruit Cocktail</p> <p>Whole Grain Grilled Cheese Hard Boiled Egg Clementine Vegetable Serving</p>
<p>6 Whole Grain Waffles Apple Slices</p> <p>Whole Grain Chicken Tenders Whole Wheat Dinner Roll Corn Salad Fruit Serving</p>	<p>7 Whole Grain Corn Muffin Mandarin Oranges</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>8 Whole Grain Cheerios Banana</p> <p>Whole Grain Buttered Noodles Hard Boiled Egg Tomatoes Fruit Serving</p>	<p>9 Whole Grain Banana Bread Diced Mangos</p> <p>Whole Grain Chicken Sticks Steamed Rice Orange Slices Vegetable Serving</p>	<p>10 Whole Grain Cinnamon Bread Berries</p> <p>Hamburger Whole Grain Bun American Cheese Apple Slices Vegetable Serving</p>
<p>13 Whole Grain Waffles Mandarin Oranges</p> <p>Whole Grain Buttered Noodles Turkey Sausage Steamed Carrots Fruit Serving</p>	<p>14 Whole Grain Blueberry Muffin Diced Peaches</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>15 Whole Grain Cinnamon Bread Applesauce</p> <p>Whole Grain Popcorn Chicken Whole Wheat Dinner Roll Broccoli Fruit Serving</p>	<p>16 Whole Grain Cornflakes Orange Slices</p> <p>Whole Grain Pancakes Bites Hard Boiled Egg Strawberries Vegetable Serving</p>	<p>17 Whole Grain Pancake Bites Fruit Cocktail</p> <p>Whole Grain Mac &amp; Cheese Bites Turkey Sausage Apple Slices Vegetable Serving</p>
<p>20 Whole Grain Waffles Apple Slices</p> <p>Whole Grain Dino Tenders Whole Wheat Bread Orange Slices Vegetable Serving</p>	<p>21 Whole Grain Corn Muffin Mandarin Oranges</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>22 Whole Grain Cheerios Banana</p> <p>Crispy Chicken Sandwich Whole Grain Bun Onion Rings Cucumbers w/dip Fruit Serving</p>	<p>23 Whole Grain Banana Bread Diced Mangos</p> <p>Whole Grain Spaghetti All Beef Meatballs Chickpea Salad Fruit Serving</p>	<p>24 Whole Grain Cinnamon Bread Berries</p> <p>Whole Grain Grilled Cheese Chickpea Salad Watermelon Vegetable Serving</p>
<p>27</p> <p><b>Memorial Day</b></p> <p><b>School Closed</b></p>	<p>28 Whole Grain Blueberry Muffin Diced Peaches</p> <p>Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce</p>	<p>29 Whole Grain Cinnamon Bread Applesauce</p> <p>Whole Grain Cinnamon French Toast Turkey Bacon Diced Mango Vegetable Serving</p>	<p>30 Whole Grain Cornflakes Orange Slices</p> <p>Whole Grain Elbows in Butter Turkey Sausage Broccoli Fruit Serving</p>	<p>31 Whole Grain Pancake Bites Fruit Cocktail</p> <p>Whole Grain Chicken Tenders Steamed Rice Applesauce Vegetable Serving</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 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