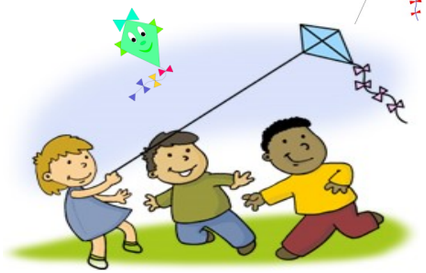
Head Start Menu



Mon	Tues	Wed	Thu	Fri
	1 B Milk 6 oz. Reduced Sugar Fruit loops 1 Diced peaches 1/2 c. L-Milk 6 oz. Salisbury steak 1 brown gravy apricots l 1/4 c. Buttered creamed corn 1/4 c. 1/4 c wheat bread 1/2 slice S – Orange Juice 4 oz cheese fish puff 1/2 oz.	*2Milk 6 oz. Pan cakes 3 syrup 1/2 turkey sausage patty 1 mandarin Orange 1/2 c.* *L Milk 6 oz. Chicken tenders Sticks 3 (CN label) ketchup 1 applesauce 1/4 c. broccoli with cheese 1/4 c.* *S – yogurt 2 oz. crushed pineapple 1/2 c.*	3*Milk 6 oz.* Cherrios 1 banana 1 *L – Milk 6 oz. chicken patty 487364) country gravy 1 diced peaches 1/4 c. Buttered Bite size cauliflower 1/4 c. 1/4 c.* *S – American cheese 1 slice Ritz Crackers 6 crackers orange juice 4 oz.*	4 – - Milk 6 oz *refried vegetarian beans 1with shredded cheddar cheese 1/4 c. wheat tortilla 1 fruit cocktail 1/2 c* L Milk 6 oz. Fish sticks 3 ketchup 1 Diced pears 1/4 c. diced carrots 2 oz S-Orange Juice 4 oz. Vanilla wafer 1/2 oz FROZEN FOOD DAY on March 6, 2016
	National School Breakfast Week: March 7-11, 2016			
14 BMilk 6oz. Cherrios 1 ,diced peaches 1/2 c., L-Milk 6 0z Ground beef 1/2 c. Spaghetti 1/4 c. tossed cooked spinach 1/4 c. ranch dressing 1 fruit cocktail 1/4 c. *S – orange juice 4 oz. animal crackers 11/ oz.*	15Milk 6 oz. Berry Berry Mini loaf 1 (2 oz.) Mandarin orange 1/2 c L Milk 6 oz. Chicken and noodles 1/2c CN label 3 diced pears 1/4 c. Mixed vegetables 1/4 c. Ketchup 1 wheat bread 1/2 slice S Ritz Crackers 6 Applesauce 4 oz.	16 B *Milk 6 oz. French Toast toast 1 slice turkey sausage patty 1 crushed pineapple 1/2 c. Syrup 1/2* L-Milk 6 oz. Ground beef 1/2 c. refried beans 1/4 c. soft tortilla 1 apricot halves 3 green beans 1/4 c. S – Yogurt 1 banana 1	17 Milk 6 oz. Reduced Sugar fruit loops 1 Diced Peaches 1/2 c. *L Milk 6 oz. Turkey fingers 3. turkey gravy diced carrot 1/4 c. fruit cocktail 1/4 c. fetechinni alfredo 1/4* ***C.*** *S – Cheese Fish puffs .75 oz Orange juice 4 oz*	18 B *26Milk 6 oz. Vegetarian refried beans 1/4 c. Wheat tortilla 1 Diced peaches 1/2 c* *L Milk 6 oz. Fish patty 1 1/4 c. applesauce 1/4 c. broccoli cheese 1/4 c.* *S – orange juice 4 oz.. Raisin cinnamon bread 1*
21 B-Milk 6oz. Fruit loops reduced sugar 1diced peaches 1/2 c., L-Meatless Monday Milk 6 0z. Bean 1burrito 1c shredded Cheese 1/4c . l Mixed vegetables 1/4 c mandarin orange 1/4 c *S-Wheat crackers 46 American cheese slice 1*	*22* ***American Diabetes Alert Day*** *B* Milk 6oz. Mini blueberry muffin 1 (9233008) .9 oz. Diced pears 1/2 c. L –Milk 6 oz. Ground beef 1/2 c Green beans 1/4 c. .crushed pineapple 1/4 .Wheat bread 1/2 slice S- tropical fruit 1/2 c. yogurt . oz.	23B-Milk 6oz. Pan Cakes 1, applesauce 1/2 c , syrup 1/2 turkey sausage 1 L-Milk 6 0z. Breaded Chicken patty 1 country gravy 1 diced carrots 1/4 c. diced pears 1/4 c.. *S –Nutrition Activity Orange Juice 4 0z. Ritz Crackers 6 cream cheese 1 10z. Serving Motzerella cheese 1 slice 1 pimento bit 4 pretzel sticks*	24 1 Milk 6 oz. berry Loaf 1 1 diced pears 1/4 c. **Easter Picnic** L. Beef bbq Patty Cn label 1 2.61 oz.wheat bread 1/2 creamed corn 1/4 c. Apricots 1/4 c. S- Orange juice Animal Crackers 0.5 oz.	*Holiday* “This institution is an equal opportunity provider.” Menu reviewed by Ana Maria Pena RD
28 Holiday	29 B Milk 6oz. Diced Peaches 1/2 c.Cherrios 1 L– Milk 6 oz Bread Chicken Patty 1 peas and carrots 1/4 c. crushed pineapple S Animal Crackers .5 oz Yogurt 2 oz,	30 B– Milk 6 oz bean anc cheese 1/4 c. Wheat tortilla 1 Mandarin Orange 1/2 c. L– Milk 6 oz. Fish Patty 1 mixed vegetables 1/4 c. Diced Pears 1/4 c. S– Applesauce 1/2 c. Wheat crackers 6	***31 Milk 6 oz Super donut 1 diced pears 1/2 c*** ***L-Millk 6 oz. ground beef 1/2 c. wheat tortilla . 1 lettuce/tomato 1/4 c. 1 Apricots 1/4 c.*** ***S-Ritz Cracker 6 Cheddar Cheese Stick 1*** ***Cesar Chavez Day***	