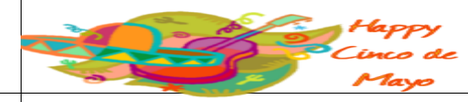
CCP Education Center Early HEAD START

Mon	Tues	Wed	Thu	Fri
2 Milk 6 oz Cherrios cereal 1 Mandarine orange 1/2 c. L Milk 1% 6oz. breaded chicken patty 1 diced peaches 1/4 broccoli cuts 1/4 S– applesauce 1/2 c animal crackers 1/2 pkt	3 Milk 6 oz. Super Donut 1 oz fruit cocktail 1/2 c L Milk Marinara sauce Ground beef 1/2c Spaghetti 1/4 c Crushed pineapple 1/4 c. Peas 1/4 c. *S- Teddy grahams cubs .5 oz Orange Juice 4 oz.*	4 Milk **6 oz** *Pan cakes 1 syrup 1 tropical Fruit 1/2 c.* turkey sausage L-Milk 6 oz chicken salad 1/2 c Diced Apricot 1/4c. Pickle spears 1/4 c. Wheat bread 1/2 S yogurt 1 Diced Peaches 1/2 c.	5 B Milk 6oz. Rice Krispies 1 bowl banana 1 L Milk 6 oz Salisbury country gravy Diced Pears 1/4 c.Mixed vegetables 1/4 c. Wheat bread 1/2 slice S Orange juice 4 oz.. vanilla wafers .5 oz. 	6 B Milk 6oz.Cheese 1 slice wheat tortilla 1 diced apricot 1/2 c L-Milk 6 oz. Grilled chicken fajita 1/2 c.. Fruit cocktail 1/4 c. Wheat bread 1/2 slice cream corn 1/4 c. S- Cheddar Cheese stick 1/2 oz. blueberry muffin 1
9 Milk 6 oz.Berry Berry Mini loaf 1 (2 oz.) Canned Diced Peaches 1/2 c *L Milk 6oz.Meat loaf 1 slice Applesauce 1/4 c, Diced carrot 1/4 Wheat bread 1/2 slice ranch dressing 1* *S sliced American cheese 1 slice each* Ritz Crackers 6	10 World Lupus Awareness Day Wear Purple Today B- Milk 6oz. Cherrios 1 diced tropical fruit 1/2 c. L-Milk 6 0z Breaded Chicken Patty 1 peas 1/4 c. Diced peaches purple Jello 1/4 c 1/4 c. country gravy *S– orange juice 4 oz. animal crackers 1/2 oz*	11 Milk 6 oz *Pan cakes 1 syrup Diced Pears 1/2 c.* turkey sausage 1 L-Milk 6 oz. Pulled chicken 1/2 c squash bits Diced Apricot 1/4c.Green beans 1/4 c. Wheat bread 1/2 S yogurt 1 pineapple 1/2 c.	12 B Milk 6 oz. Rice Krispies 1 bowl banana 1 L Milk 6 oz. Turkey fingers 3 country gravy Diced Pears 1/4 c. Mixed vegetables 1/4 c. S Orange juice 4 oz. vanilla wafers .5 oz.	13 B Milk Cheese 1 slice wheat tortilla 1 diced apricot 1/2 c L-Milk 6 oz. ground beef Diced potato 1/2 c. Fruit cocktail 1/4 c. Wheat bread 1/2 cream corn 1/4 c. S- Cheddar Cheese stick -1/2 blueberry muffin 1
16 No Classes 	17 Milk 6 oz.Super Donut 1 oz fruit cocktail 1/2 c L Milk 6 oz. Marinara sauce Ground beef 1/2c Spaghetti 1/4 c Crushed pineapple 1/4 c. Peas 1/4 c. *S- Teddy grahams .5 oz* *Orange Juice 4 oz.*	18 Milk 6 oz *Pan cakes 1 syrup 360 packets Hash browm 4 oz..* turkey sausage 1 L-Milk 6 oz. Pulled chicken w squash 1/2 c Diced Apricot 1/4c. Green beans 1/4 c. Wheat bread 1/2 S yogurt 1 pineapple 1/2 c.	19- Milk 6 oz. *Breakfast Pizza 1 Apricot 1/2* L Milk 6 ozHamburger 1 cheese 1 Potato smiles 3 Watermelon side kicks 1ketchup 1 Hamburger bun 1 S– cheese stick 1/2 strawberries 1/2 c	***20 Milk 6 oz. bean cheese 1 flour torilla mandarin orange 1/2 c.*** ***L– bbq beef rib 1 mashed potatoes 1/4 creamed corn 1/4 c. Fruit cocktail with jello 1/4 wheat bread 1/2 slice*** ***S– orange juice wheat crackers 6***
23 Milk 6 oz Cherrios cereal 1 Mandarine orange 1/2 c. L Milk 1% 6oz. breaded chicken patty 1 diced peaches 1/4 broccoli cuts 1/4 S– applesauce 1/2 c animal crackers 1/2 pkt	24 Milk 6 oz. Super Donut 1 oz fruit cocktail 1/2 c L Milk Marinara sauce Ground beef 1/2c Spaghetti 1/4 c Crushed pineapple 1/4 c. Peas 1/4 c. *S- Teddy grahams cubs .5 oz Orange Juice 4 oz.*	25 Milk **6 oz** *Pan cakes 1 syrup Diced Pears 1/2 c.* turkey sausage 1 L-Milk 6 oz chicken salad 1/2 c Diced Apricot 1/4c. Pickle spears 1/4 c. Wheat bread 1/2 S yogurt 1 Diced Peaches 1/2 c.	26 B Milk 6oz. Rice Krispies 1 bowl banana 1 L Milk 6 oz Salisbury country gravy Diced Pears 1/4 c.Mixed vegetables 1/4 c. Wheat bread 1/2 slice S Orange juice 4 oz.. vanilla wafers .5 oz.	27 B Milk 6oz.Cheese 1 slice wheat tortilla 1 diced apricot 1/2 c L-Milk 6 oz. Grilled chicken fajita 1/2 c.. Fruit cocktail 1/4 c. Wheat bread 1/2 slice cream corn 1/4 c. S- Cheddar Cheese stick 1/2 oz. blueberry muffin 1
30 Milk 6 oz. Super donut 1 diced peaches 1/2 c L– Ham 1/4 c. Sliced cheese 1 slice wheat bread 1 slice pickle spear bits 1/4 c. diced apricot 1/4 c. S Orange Juice 4 oz. berry min loaf 1/2	31 Milk 6 oz. cherrios 1 (2 oz.) Canned Diced Peaches 1/2 c *L Milk 6oz.Meat loaf 1 slice Applesauce 1/4 c, Diced carrot 1/4 Wheat bread 1/2 slice ranch dressing 1* *S American cheese 1 slice each* Ritz crackers 6 orange juice 4 oz,			
	Water is served with all meals and snacks	***This Institute is an Equal Opportunity Provider***		