



August 2017 Full Year

Head Start

The week of Aug 21, 2017

Breakfast, Lunch, and Snack

| Monday Aug 21 Day 7 | Tuesday Aug 22 Day 8 | Wednesday Aug 23 Day 9 | Thursday Aug 24 Day 10 | Friday Aug 25 Day 11 |
|--|---|--|---|--|
| Breakfast Pancakes 1 Sausage 1/2 Mixed Fruit 1/2cup 1% Milk 3/4cup | Breakfast Cinnamon Toast 1/2 Fresh Pineapples 1/2cup 1% Milk 3/4cup | Breakfast Whole Grain Cereal Bar 1 Banana 1/2cup 1% Milk 3/4cup | Breakfast French Toast Sticks 2 Applesauce 1/2cup 1% Milk 3/4cup | Breakfast Cheerios 1/3cup 100% Orange juice 1/2cup 1% Milk 3/4cup |
| Lunch Rib Patty CN Label 1 1/2oz. meat on Bun ½ Vegetable Medley 1/2cup Mixed Fruit 1/2cup 1% Milk 3/4cup | Lunch Steak Cn. Label 1 1/2oz. W/Gravy Peas & Carrots 1/2cup Roll ½ Fresh Fruit 1/2cup 1% Milk 3/4cup | Lunch Chicken Noodle Soup 1/2cup CN Label Chicken 1 1/2oz. Salad w/ lettuce tomato 1/2cup Crackers 4 Strawberries 1/2cup 1% Milk 3/4cup | Lunch Hotdog on bun 1/2 bread 1 1/2oz. meat Cole slaw 1/2cup Mandarin Oranges 1/2cup 1% milk 3/4cup | Lunch Soft Taco w/ meat 1 1/2oz.-½ bread w/ Lettuce Tomato 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup |
| Snack Yogurt 1/2cup Fresh Fruit 1/2cup Water | Snack Bran Muffin 1 1% Milk 1/2cup Water | Snack Fig Bar 1 1% Milk 1/2cup Water | Snack Peanut Butter Sandwich ½ w/ 1% Milk 1/2cup Water | Snack Rice Krispy Treat 1 1% Milk 1/2cup Water |

This institution is an equal opportunity provider and employer.



Aug 2017 Full Year

Head Start

The week of Aug 28, 2017

Breakfast, Lunch, and Snack

| Monday Aug 28 Day 12 | Tuesday Aug 29 Day 13 | Wednesday Aug 30 Day 14 | Thursday Aug 31 Day 15 | Friday Sep Day 1 |
|---|---|--|--|------------------------|
| Breakfast Cheese Toast 1/2 Strawberries 1/2cup 1% Milk 3/4cup | Breakfast Blueberry Muffin 1 Fresh Pineapples 1/2cup 1% Milk 3/4cup | Breakfast Whole Grain Pop Tart 1 Banana 1/2cup 1% Milk 3/4cup | Breakfast Corn Flakes 1/3cup 100% Orange Juice 1/2cup 1% Milk 3/4cup | |
| Lunch Chicken Tenders 1 1/2oz. Green Beans 1/2cup Mixed Fruit 1/2cup Roll ½ 1% Milk 3/4cup | Lunch Spaghetti w/ meat 1 1/2oz. Corn 1/2cup Fresh Fruit 1/2cup Roll 1/2 1% Milk 3/4cup | Lunch Meatloaf Cn. Label 1 1/2oz. w/sauce Mashed Potatoes 1/2cup Roll ½ Fruit Salad 1/2cup 1% Milk 3/4cup | Lunch Fish Sticks Cn. 1 1/2oz. Label Mustard Greens 1/2cup Macaroni & Cheese 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup | |
| Snack Oatmeal Cookie 1 100% Fruit Juice 1/2cup 1/2cup Water | Snack Graham Crackers 4 1% Milk 1/2cup Water | Snack Ritz Crackers 4 1% Milk 1/2cup Water | Snack Chex Mix 1/2cup 1% Milk 1/2cup Water | |

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