



September 1-30

Early Head Start

Fruit and vegetable substitutions may occur without notice due to market availability

<p>*Milk served at ALL breakfast and lunch meals. Whole milk (Infant/Toddlers 1-2 yrs), low-fat milk (preschool 3-5 yrs). All milk served is rBST-free.</p>	<p>Fruit of the Month:</p> <p>Apples & Oranges</p> 	<p>Vegetable of the Month:</p> <p>Broccoli & Carrots</p> 	<p>Krispy Rice Cereal, Banana</p> <p>★</p> <p>Macaroni & Cheese with Ham, Green Peas, Mandarin Oranges</p> <p>★</p> <p>Cheesy Crackers, Pears</p>	<p>Buttermilk Biscuit, Peaches</p> <p>★</p> <p>Cheese Ravioli with Kale Pesto, Ricotta stuffed Zucchini, Watermelon</p> <p>★</p> <p>Pita Bread, Cucumber Coins</p>
<p>Labor Day</p> <p>No Class</p>	<p>Golden Graham, Fruit Cup</p> <p>★</p> <p>Soft Shell Beef Taco on Wheat Tortilla with Cheese, Lettuce & Tomato, Pineapple</p> <p>★</p> <p>Pita Bread, Salsa with Mango Bits</p>	<p>Mini Bagel, Cantaloupe</p> <p>★</p> <p>Teriyaki Chicken with Brown Rice, Steamed Vegetables, Apple Slices</p> <p>★</p> <p>Graham Crackers, Peaches</p>	<p>Pancake, Banana</p> <p>★</p> <p>Fish Ole with Wild Rice, Roasted Carrot Coins, Mandarin Oranges</p> <p>★</p> <p>Chewy Granola Bar, Pears</p>	<p>Blueberry Muffin, Strawberries</p> <p>★</p> <p>Hamburger with Bun, Baked Beans, Mixed Fruit Salad</p> <p>★</p> <p>Pita Bread, White Bean Hummus</p>
<p>Breakfast Bar, Fruit Cup</p> <p>★</p> <p>Baked Ziti, Roasted Broccoli, Orange Wedges</p> <p>★</p> <p>Wheat Crackers, Cheese Stick</p>	<p>Toasted Oat Cereal, Banana</p> <p>★</p> <p>Cheese Quesadillas with Wheat Tortilla, Corn & Bean Salad, Watermelon</p> <p>★</p> <p>Animal Crackers, Apple Slices</p>	<p>Spiced Oatmeal, Peaches</p> <p>★</p> <p>Breaded Chicken Fingers, Cut Corn, Fruit Salad, Dinner Roll, BBQ Sauce</p> <p>★</p> <p>Pretzel Sticks, Berry Yogurt</p>	<p>Waffle, Mixed Berries</p> <p>★</p> <p>BBQ Beef Sandwich on a roll, Mashed Potatoes, Cucumber Coins</p> <p>★</p> <p>Homemade Krispy Rice Treat, Applesauce</p>	<p>Zucchini Bread, Mango Cubes</p> <p>★</p> <p>Tuna Salad with Wheat Pita Pocket, Mixed Greens, Melon Cubes</p> <p>★</p> <p>Wheat Tortilla, Mexican Sweet Potato Salad</p>
<p>Corn Flakes Cereal, Mandarin Oranges</p> <p>★</p> <p>Chicken Potstickers, Shelled Edamame, Mandarin Cabbage Salad</p> <p>★</p> <p>Cucumber Coins, Hummus</p>	<p>Cinnamon Raisin Bread, Pears</p> <p>★</p> <p>Bean & Cheese Burrito with Wheat Tortilla, Roasted Corn, Peppers, Watermelon</p> <p>★</p> <p>Cheesy Crackers, Banana</p>	<p>Granola, Banana</p> <p>★</p> <p>Spaghetti with Meat Sauce, Roasted Vegetables, Peaches</p> <p>★</p> <p>Peaches, Cottage Cheese</p>	<p>Crepe, Spiced Baked Apples</p> <p>★</p> <p>Chicken Pozole with Cabbage, Onion, and Cilantro, Tortilla Chips, Melon Salad</p> <p>★</p> <p>Apple Slices, Cheese Cubes</p>	<p>Corn Muffin, Applesauce</p> <p>★</p> <p>Sliced Turkey Hot Dog, Potato Puffs, Orange Wedges</p> <p>★</p> <p>Rice Cakes, Mixed Fruit Salad</p>
<p>Rice Chex Cereal, Fruit Cup</p> <p>★</p> <p>Baked Chicken & Cheese Enchilada, Black Beans, Pineapple Chunks</p> <p>★</p> <p>Fish Crackers, Pears</p>	<p>Cinnamon Raisin Bagel with Cream Cheese, Applesauce</p> <p>★</p> <p>Chicken with Soy Sauce and Brown Rice, Steamed Vegetables, Orange Wedges</p> <p>★</p> <p>Vanilla Wafers, Sliced Grapes</p>	<p>French Toast with Cream Cheese & Jam, Strawberries</p> <p>★</p> <p>Minty Lentil & Orzo Salad, Cucumber Coins, Mandarin Oranges</p> <p>★</p> <p>Pita Bread, Hummus</p>	<p>English Muffin, Mango Cubes</p> <p>★</p> <p>Chana Masala with Chickpeas and Rice, Mandarin Oranges</p> <p>★</p> <p>Apples, Soy Butter</p>	<p>Banana Muffin, Pears</p> <p>★</p> <p>Breaded Fish Nuggets, Honey Glazed Carrots, Melon Cubes, Dinner Roll</p> <p>★</p> <p>Chewy Granola bar, Watermelon</p>

"This institution is an equal opportunity provider."

Not all classrooms will be on service on all days of the month. Please check your sites calendar on site closure days.