

HEAD START MENU FOR JUNE 27-30, 2016

| WEEK: 6/27-30/16 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|------------------|------------------|---------------------|----------------------|------------------|
| BREAKFAST: (all 3) | | | | | |
| Fruit or Juice | Apple Juice | Orange Juice | Mixed Juice | Pineapple Juice | Applesauce |
| Bread or alternate | Cheerios | Grits & Toast | French Toast | Rice Krispies | Biscuit |
| Milk | Milk | Milk | Milk | Milk | Milk |
| LUNCH: (all 5) | | | | | |
| Meat or alternate | Chili Con Carne | Ham | Baked Turkey | Black Eyed Peas | Turkey & Cheese |
| Fruit or Vegetable | Baked Potato | Sugar Snap Peas | Steamed Cauliflower | Turnip Greens | Lettuce & Tomato |
| Fruit or Vegetable | Mandarin Oranges | Pears | Banana | Applesauce | Applesauce |
| Bread or alternate | Saltine Crackers | Roll | Roll | Corn Muffin | Wheat Bread |
| Milk | Milk | Milk | Milk | Milk | Milk |
| SNACK: (any 2) | | | | | |
| Meat or alternate | | Cottage Cheese | | Cheese Slices | |
| Fruit or Vegetable | | Peaches | Pears | | Grape Juice |
| Bread or Alternate | Oatmeal Cookie | | Graham Crackers | Saltine Crackers | Vanilla Wafers |
| Milk | Milk | | | | |
| WEEK: 6/20-24/16 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST: (all 3) | | | | | |
| Fruit or Juice | Mixed Juice | Orange Juice | Apple Juice | Pineapple Juice | Peaches |
| Bread or alternate | Oatmeal | Corn Flakes | Pancakes | Rice Krispies | Toast |
| Milk | Milk | Milk | Milk | Milk | Milk |
| LUNCH: (all 5) | | | | | |
| Meat or alternate | Kidney Beans | Chicken Pot Pie | Ham & Cheese | Tuna w/ lemon pepper | Beef Soup |
| Fruit or Vegetable | Collard Greens | Mixed Vegetables | Peas & Carrots | Broccoli | Mixed Vegetables |
| Fruit or Vegetable | Fresh Orange | Apple Rings | Pineapple | Peaches | Pears |
| Bread or alternate | Corn Muffin | Biscuit | Wheat Bread | Bagel | Saltine Crackers |
| Milk | Milk | Milk | Milk | Milk | Milk |
| SNACK: (any 2) | | | | | |
| Meat or alternate | | Cheese Slices | | | |
| Fruit or Vegetable | | | Mandarin Oranges | Applesauce | |
| Bread or alternate | Vanilla Wafers | Buttered Toast | | Graham Crackers | Oatmeal Cookie |
| Milk | Milk | | Yogurt | | Milk |