

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 French Toast	Pineapple Juice	Applesauce
Bread or alternate Milk	Cheerios Milk	Grits & Toast Milk	Sticks Milk	Rice Krispies Milk	Biscuit Milk
LUNCH: (all 5)					
Meat or alternate	Chili Con Carne	Ham	Baked Turkey Steamed	Black Eyed Peas	Turkey & Cheese
Fruit or Vegetable	Baked Potato	Sugar Snap Peas	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					