

Roosevelt Head Start and Buffum

Summer 2025



MON	TUE	WED	THU	FRI
BREAKFAST Jun 23 Cheerios Cereal ✓ Mixed Fruit or Variety LUNCH Hamburger Fresh Apple Slices Fresh Baby Carrots★	BREAKFAST 24 Bagel w/Cream Cheese ✓ Peaches or Variety LUNCH Bean & Cheese Burrito ✓ Fresh Orange Wedges★ Mixed Salad Greens★	BREAKFAST 25 Blueberry Chex Cereal ✓ Applesauce Cup or Variety LUNCH Chicken Tenders Seasonal Fresh Fruit Fresh Baby Carrots★ or Variety	BREAKFAST 26 Cinnamon Waffle ✓ Pineapple or Variety LUNCH Chicken Sandwich Fresh Banana or Variety Potato Rounds	BREAKFAST 27 Cinnamon Toast Crunch ✓ Fresh Apple Slices or Variety LUNCH Cheese Pizza ✓ Fresh Nectarine★ or Variety Fresh Broccoli★
BREAKFAST 30 Cheerios Cereal ✓ Mixed Fruit or Variety LUNCH Chicken Tenders Fresh Apple Slices Fresh Baby Carrots★	BREAKFAST Jul 1 Bagel w/Cream Cheese ✓ Peaches or Variety LUNCH Bean & Cheese Burrito ✓ Fresh Orange Wedges★ Mixed Salad Greens★	BREAKFAST 2 Blueberry Chex Cereal ✓ Applesauce Cup or Variety LUNCH Hamburger Seasonal Fresh Fruit Fresh Baby Carrots★ or Variety	BREAKFAST 3 Cinnamon Waffle ✓ Pineapple or Variety LUNCH Chicken Sandwich Fresh Nectarine★ or Variety Potato Rounds	 Independence Day
BREAKFAST 7 Cheerios Cereal ✓ Mixed Fruit or Variety LUNCH Chicken Tenders Fresh Apple Slices Fresh Baby Carrots★	BREAKFAST 8 Bagel w/Cream Cheese ✓ Peaches or Variety LUNCH Bean & Cheese Burrito ✓ Fresh Orange Wedges★ Mixed Salad Greens★	BREAKFAST 9 Blueberry Chex Cereal ✓ Applesauce Cup or Variety LUNCH Hamburger Seasonal Fresh Fruit Fresh Baby Carrots★ or Variety	BREAKFAST 10 Cinnamon Waffle ✓ Pineapple or Variety LUNCH Chicken Sandwich Fresh Banana or Variety Potato Rounds	BREAKFAST 11 Cinnamon Toast Crunch ✓ Fresh Apple Slices or Variety LUNCH Cheese Pizza ✓ Fresh Nectarine★ or Variety Fresh Broccoli★
BREAKFAST 14 Cheerios Cereal ✓ or Manager's Special Mixed Fruit or Variety LUNCH Chicken Tenders or Manager's Special Fresh Apple Slices Fresh Baby Carrots★	BREAKFAST 15 Bagel w/Cream Cheese ✓ or Manager's Special Peaches or Variety LUNCH Bean & Cheese Burrito ✓ or Manager's Special Fresh Orange Wedges★ Mixed Salad Greens★	BREAKFAST 16 Blueberry Chex Cereal ✓ or Manager's Special Applesauce Cup or Variety LUNCH Hamburger or Manager's Special Seasonal Fresh Fruit Fresh Baby Carrots★ or Variety	BREAKFAST 17 Cinnamon Waffle ✓ or Manager's Special Pineapple or Variety LUNCH Chicken Sandwich or Manager's Special Fresh Banana or Variety Potato Rounds	BREAKFAST 18 Cinnamon Toast Crunch ✓ or Manager's Special Fresh Apple Slices or Variety LUNCH Cheese Pizza ✓ or Manager's Special Fresh Nectarine★ or Variety Fresh Broccoli★

Offered Daily

- Low-Fat White Milk

Key

- ★ Locally-Grown & Sourced
- ✓ Vegetarian Entrees
- ✓ Vegan Entrees
All fruits, fresh vegetables, & cereals are vegan.
- Contains Pork
- All grains are whole-grain rich

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Children under three years of age will receive tortillas instead of nacho chips, cooked vegetables instead of raw vegetables and soft or canned fruits instead of fresh whole fruits, as appropriate.