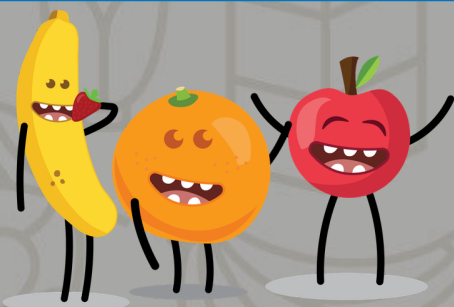


SEPTMEBER HEAD START BREAKFAST

7 No School 	8 No School 	9 Trix™ Cereal Banana Milk	10 Yogurt Apple Slices Milk	11 Whole Grain Super Stick Apple Mango Bar Milk
14 Cinnamon Rice Chex™ Cereal Orange Cup Milk	15 Yogurt Apple Slices Milk	16 Honey Cheerios™ Cereal Banana Milk	17 Yogurt Apple Slices Milk	18 Strawberry Boli Mango Applesauce Milk
21 No School 	22 Yogurt Apple Slices Milk	23 Trix™ Cereal Banana Milk	24 Yogurt Apple Slices Milk	25 Whole Grain Super Stick Apple Mango Bar Milk
28 Cinnamon Rice Chex™ Cereal Orange Cup Milk	29 Yogurt Apple Slices Milk	30 Honey Cheerios™ Cereal Banana Milk Milk	Oct. 1 Yogurt Apple Slices Milk	2 Strawberry Boli Mango Applesauce Milk



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- Menu subject to change.
- This institution is an equal opportunity provider.

SEPTEMBER LUNCH MENU

7 No School



8 No School



9
Italian Dunker
Marinara Sauce
or
Soybutter
Sandwich
Corn
Apple Slices

10
Crispy Chicken
Sandwich
or
Soybutter Sandwich

French Fries
Banana

11 Lemon Chicken
White Rice
or
Grilled Cheese or
Soybutter Sandwich

Broccoli
Applesauce Cup

14 Penne Pasta
with Meat Sauce
Garlic Toast
or
Soybutter
Sandwich

Cucumbers
Pear Cup

15 Chicken Burrito
Bowl
Cilantro Lime Rice
Shredded Cheese
Salsa
Lettuce
or
Soybutter Sandwich

Charro Beans
Strawberries

16 Big Daddy's™
Cheese Pizza
or
Soybutter
Sandwich

Corn
Cucumber Slices
Apple Slices

17 Chicken Nuggets
Corn Muffin
or
Soybutter Sandwich

Mashed Potatoes
and Gravy
Banana

18 Beef Bulgogi
White Rice
or
Grilled Cheese or
Soybutter Sandwich

Broccoli
Applesauce Cup

21 No School



22 Taco Day
Whole Wheat Tortilla
Seasoned Beef
Shredded Cheese
Salsa
Lettuce
or
Soybutter Sandwich

Refried Beans
Strawberries

23 Pizza Crunchers
with Marinara
Sauce
or
Soybutter
Sandwich

Corn
Cucumber Slices
Apple Slices

24 Brunch for Lunch
Pancakes
with Syrup
Chicken Sausage
or
Soybutter Sandwich

Hash Brown
Banana

25 Chicken Fingers
Galaxy Sauce
or
Soybutter Sandwich

French Fries
Applesauce Cup

28 Special Menu!

Chicken and
Black Bean Bowl
with Rice
Plantain
Chilero
Queso Fresco
or
Soybutter
Sandwich

Apple Slices

29 Big Daddy's™
Cheese Pizza
or
Soybutter Sandwich

Corn
Strawberries

30 Taco Day
Beef Taco Meat
Shredded Cheese
Lettuce, Salsa
Whole Wheat
Tortilla
or
Soybutter
Sandwich

Refried Beans
Strawberries

Oct. 1 Grilled Cheese
Sandwich
or
Soybutter Sandwich

Sweet Potato
Wedges
Watermelon

2 Chicken Nuggets
Mac & Cheese

or
Soybutter Sandwich

Cucumbers
Applesauce Cup

HEAD START

7 No School 	8 No School 	9 Vanilla Goldfish Graham Orange Tangerine Juice Box	10 Heartzels® Pretzels Tropical Fruit Punch Juice Box	11 Cheez-It® Crackers Strawberry Kiwi Juice Box
14 French Toast Mini Loaf Tropical Fruit Punch Juice Box	15 Whole Grain Cheddar Goldfish Orange Tangerine Juice Box	16 Educational Crackers Strawberry Kiwi Juice Box	17 Vanilla Goldfish Graham Orange Tangerine Juice Box	18 Heartzels® Pretzels Tropical Fruit Punch Juice Box
21 No School 	22 French Toast Mini Loaf Tropical Fruit Punch Juice Box	23 Whole Grain Cheddar Goldfish Orange Tangerine Juice Box	24 Educational Crackers Strawberry Kiwi Juice Box	25 Vanilla Goldfish Graham Orange Tangerine Juice Box
28 Heartzels® Pretzels Tropical Fruit Punch Juice Box	29 Cheez-It® Crackers Strawberry Kiwi Juice Box	30 French Toast Mini Loaf Tropical Fruit Punch Juice Box	Oct. 1 Whole Grain Cheddar Goldfish Orange Tangerine Juice Box	2 Educational Crackers Strawberry Kiwi Juice Box

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