

## July 2024 Marshfield Head Start Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 WG</b> Kix, Applesauce</p> <p>English Muffin Pizzas, Cottage Cheese, Cucumber Slices, Clementines</p> <p><b>WG</b> PB &amp; Jelly Sandwich</p>	<p><b>2 WG</b> Banana Bread, Strawberries</p> <p>HM Grilled Cheese on <b>WG</b> Bread, Tomato Soup, Ham Slices, Green Beans, Peaches</p> <p>String Cheese, <b>WG</b> Goldfish Crackers</p>	<p><b>3 WG</b> Cheerios, Fresh Blueberries</p> <p>Turkey &amp; Cheese on <b>WG</b> Bun, Sweet Potato Fries, Fruit Salad</p> <p><b>WG</b> Graham Crackers, Apple Slices</p>	<p>4</p> <p style="color: red;">Center Closed- 4th of July</p>	<p>5 Cinnamon Toast Crunch Cereal, Pears</p> <p><b>WG</b> Chicken Patties, <b>WG</b> Bun, French fries, Cooked Carrots, Fruit Cocktail</p> <p><b>WG</b> Graham Bug Bites</p> <p style="color: red;">Y Kids Only</p>
<p><b>8 WG</b> Muffin Bar, Applesauce</p> <p>Burgers on <b>WG</b> Bun, Cheese Slices, Baked Beans, Sweet Potato Fries, Pineapple</p> <p>Cheese Cubes, <b>WG</b> Goldfish Crackers</p>	<p><b>9 WG</b> Bagel, Cream Cheese, Strawberries</p> <p>Tuna or Chicken Salad with <b>WG</b> Bread, String Cheese, Roasted Broccoli, Kiwi</p> <p>Celery, Peanut Butter, and Raisins</p>	<p><b>10 WG</b> Pancakes, Bananas</p> <p>Chicken Nuggets, Buttered Noodles, <b>WG</b> Roll, Peas, Melon</p> <p><b>WG</b> Sunchips, Grapes</p>	<p><b>11 WG</b> Cheerios, Applesauce</p> <p>Taco Meat, <b>WG</b> Softshell, Cheese, Salsa, Lettuce, Corn, Pears</p> <p>Salsa, <b>WG</b> Tortilla Chips</p>	<p><b>12 WG</b> French Toast Sticks, Blueberries</p> <p>Chicken Alfredo, <b>WG</b> Breadstick, Mixed Veggies, Tropical Fruit Mix</p> <p><b>WG</b> Chex Mix, 100% Juice Slush Cups</p>
<p><b>15 WG</b> Frosted Mini Wheats Cereal, Applesauce</p> <p>Pasta Salad with Ham, Roasted Carrots, <b>WG</b> Breadstick, Tropical Fruit</p> <p>Trail Mix w <b>WG</b> Goldfish</p>	<p><b>16</b> Rice Krispies Cereal, Blueberries</p> <p>Meatballs, Gravy, Mashed Potatoes, Peas, <b>WG</b> Roll, Mandarin Oranges</p> <p>Yogurt, <b>WG</b> Granola</p>	<p><b>17</b> Scrambled eggs <b>WG</b> Toast, Jelly, Orange Wedges</p> <p>HM Chicken &amp; Cheese <b>WG</b> Quesadilla, Cottage Cheese, Bell Pepper Strips, Pears</p> <p>100% Juice, Graham Snacks</p>	<p><b>18 WG</b> French Toast Sticks, Bananas</p> <p>Turkey Rollup with <b>WG</b> Tortillas, Tater Tots, Carrots &amp; Dip, Grapes</p> <p>Apples and Peanut Butter</p>	<p><b>19</b> Breakfast Pizza (Crust, Egg, Cheese &amp; Sausage), Strawberries</p> <p>HM Chicken Fajitas (Chicken Strips, <b>WG</b> Softshells, Cheese, Salsa, Lettuce), Cali Blend Vegetable, Orange Wedges</p> <p><b>WG</b> Muffin</p>
<p><b>22 WG</b> Cheerios, Pears</p> <p>Grilled Chicken Sandwich on <b>WG</b> Bun, Cheese Slices, Baked Beans, Mandarin Oranges</p> <p>100% Juice Slush Cups, Pretzels</p>	<p><b>23 WG</b> Muffin Bars, Orange Wedges</p> <p><b>WG</b> Fish Sticks, Potato Salad, <b>WG</b> Roll, Watermelon</p> <p><b>WG</b> Graham Crackers, Strawberries</p>	<p><b>24 WG</b> Life Cereal, Peaches</p> <p>HM Meat &amp; Cheese Pizza, Cottage Cheese, Lettuce Salad, Bananas</p> <p><b>WG</b> Rice Cakes, Peanut Butter</p>	<p><b>25 WG</b> Pancakes, Fruit Salsa</p> <p>Chicken Strips, Rice Pilaf, Green Beans, Tropical Fruit Salad</p> <p>Melon, <b>WG</b> Graham Crackers</p>	<p><b>26</b> Cheese Omelet, Hash Browns, <b>WG</b> Toast</p> <p>Ham &amp; Cheese on Hawaiian Roll, Cole Slaw, Cauliflower &amp; Dip, Grapes</p> <p>String Cheese, <b>WG</b> Goldfish Crackers</p>
<p><b>29</b> Cinnamon Toast, Peaches</p> <p>HM Macaroni &amp; Cheese, Diced Ham, Peas, Pears</p> <p><b>WG</b> Pumpkin Bread</p>	<p><b>30 WG</b> French Toast Sticks, Applesauce</p> <p>BBQ on a <b>WG</b> Bun, Cheese Cubes, French Fries, Strawberries</p> <p><b>WG</b> Animal Crackers</p>	<p><b>31 WG</b> English Muffin Sandwich (Egg and Cheese), Banana</p> <p>Shredded Chicken, Gravy, Mashed Potatoes, <b>WG</b> Roll, Green Beans, Watermelon</p> <p>Yogurt w/ <b>WG</b> Granola and Berries</p>	<p>All-day sessions include breakfast, lunch &amp; snack.</p> <p style="color: red;">Unflavored milk is served with meals &amp; snacks. Juice is served occasionally, at snack time to 1-5 year olds. Whole milk is served to 1 year olds, &amp; 1% or skim milk is served to 2-5 year olds. Water is available all day.</p> <p>WG = whole grain    WGR = whole grain rich HM = homemade</p>	

\*\* Infants and Toddlers (I/T) will be fed "on demand" according to their own feeding patterns and what is developmentally right for each child. Infants that are developmentally ready are provided with infant cereal by itself or w/fruit &/or vegetables as well as some of the menu items. Peanut Butter is NOT fed to infants under 1 year according to Wisconsin State Licensing.