

June 2024 Head Start Menu - West Center

Monday

Tuesday

Wednesday

Thursday

Friday

All-day session children receive breakfast, lunch and snack.

Milk is served with meals and snacks, occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day.

WG = whole grain WGR = whole grain rich HM = homemade

<p>3 WG Cheerios, Blueberries</p> <p>HM Sloppy Joes on WG Bun, Cheese Slices, Tater Tots, Seasonal Fruit</p> <p>WG Animal Crackers, 100% Juice Slush Cups Preschool Only</p>	<p>4 WG Pancakes, Baked Cinnamon Apples</p> <p>Burger with WG Bun, Cheese Slices, Carrots & Dip, WG Sun Chips, Pickles, Watermelon Slices</p> <p>WG Muffin</p>	<p>5 Special K Cereal, Bananas</p> <p>Chicken Alfredo, WG Breadstick, Cherry Tomatoes, Cauliflower & Dip, Pineapple</p> <p>WG Graham Crackers, Peanut Butter Last Day for Preschool</p>	<p>6 WG Muffin Bar, Strawberries</p> <p>Taco Meat w Lentils, WG Tortilla Chips, Cheese, Salsa, Lettuce, Black Beans, Sour Cream, Pears</p> <p>Cheese Cubes, Apple slices</p>	<p>7 WG French Toast Bread, Seasonal Fruit</p> <p>Turkey Rollup w WG Tortilla, Cheese Slices, Coleslaw, Cheesy Tots, Grapes</p> <p>WG Bagels, Cream Cheese, Jelly</p>
<p>10 Scrambled Eggs, WG Toast, Fruit Salsa</p> <p>Pulled Pork BBQ on a WG Bun, Broccoli, Potato Smiles, Peaches</p> <p>WG Tortilla Chips, Salsa</p>	<p>11 WG French Toast Sticks, Kiwi</p> <p>WG Chicken Nuggets, Buttered Noodles, WG Roll, Green Beans, Applesauce</p> <p>Yogurt, WG Granola, Blueberries</p>	<p>12 WG Kix Cereal, Bananas</p> <p>Meatball Sliders on WG Bun, Cheese Slices, Tater Tots, Clementines</p> <p>Trail Mix w WG Goldfish Crackers, 100% Juice Slush Cup</p>	<p>13 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>WG English Muffin Pizzas, Cottage Cheese, Cucumbers & Dip, Grapes</p> <p>Rice Cakes, Peaches</p>	<p>14 Breakfast Sandwich, (WG English Muffin, Egg Patty, Cheese Slice), Applesauce</p> <p>WG Spaghetti with Meat Sauce, Cheese Filled Breadstick, Lettuce Salad, Oranges</p> <p>WG Muffin</p>
<p>17WG Oatmeal, Raisins, Diced Apples</p> <p>Turkey sandwich on WG Roll, French Fries, Snap Pea Pods & Dip, Peaches</p> <p>Celery & Peanut Butter</p>	<p>18 Cinnamon Toast, Pears</p> <p>Meatballs, Gravy, Mashed Potatoes, WG Bread/Roll, Green Beans, Watermelon</p> <p>WG Graham Crackers, Strawberries</p>	<p>19 HM Scrambled Egg Bake, Hash Browns, Salsa, WG Toast</p> <p>Cheese Ravioli, Meat Sauce, WG Breadsticks, Broccoli, Fruit Salad</p> <p>WG Sun Chips, 100% Juice</p>	<p>20 WG Life Cereal, Blueberries</p> <p>Chicken Fajita Strips, WG Softshells, Cheese, Salsa, Lettuce, Red Pepper Strips, Oranges</p> <p>Cheese and Crackers</p>	<p>21 WG Muffin Bars, Applesauce</p> <p>Ham & Cheese on Hawaiian Roll, Pasta Salad, Cucumbers & Dip, Grapes</p> <p>Cottage Cheese, WG Goldfish Crackers</p>
<p>24 HM Breakfast Pizza (Crust, Egg, Cheese & Sausage), Applesauce</p> <p>WG Chicken Strips, Rice Pilaf, Cooked Carrots, Tropical Fruit Salad</p> <p>WG Tortilla Chips & Salsa</p>	<p>25 WG Waffles, Strawberries</p> <p>HM Macaroni & Cheese, Diced Ham, WG Breadstick, Peas, Mandarin Oranges</p> <p>WG Peanut Butter and Jelly Sandwich</p>	<p>26 Breakfast Burrito, (WG Tortilla, Eggs, Cheese, Ham), Bananas</p> <p>WG Spaghetti Noodles, HM Meat Sauce, Garlic Bread, Italian Blended Veggies, Kiwi</p> <p>Yogurt, WG Granola, Berries</p>	<p>27 WG Cinnamon Toast, Sliced Apples</p> <p>HM Beef Stroganoff, Buttered Noodles, WG Roll/Bread, Cooked Carrots, Pineapple</p> <p>Hard Boiled Eggs, WG Goldfish Crackers</p>	<p>28 WG Toast with Peanut Butter, Oranges</p> <p>Hot Ham & Cheese on Pretzel Bun, Sweet Potato Fries, Carrots & Dip, Grapes</p> <p>WG Muffin, 100% Juice Slush Cups</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.