

July 2024 West Head Start Menu

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