

## September 2024 Head Start Menu Marshfield Center

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <p>2</p>  <p style="color: red; font-weight: bold;">Center Closed</p>   | <p>3 Cinnamon Toast, Applesauce</p> <p><b>WG</b> Chicken Nuggets, Buttered Noodles, <b>WG</b> Roll, Peas, Pears</p> <p>Yogurt, Mixed Berries, <b>WG</b> Granola</p>  | <p>4 <b>WG</b> English Muffin Egg &amp; Cheese Sandwich, Bananas</p> <p>HM Beef Stroganoff, Buttered Noodles, <b>WG</b> Roll/Bread, Cooked Carrots, Peaches</p> <p><b>WG</b> Goldfish Crackers, Cheese Cubes</p> | <p>5 <b>WG</b> French Toast Sticks, Strawberries</p> <p>Cheese Ravioli, Meat Sauce, <b>WG</b> Breadsticks, Broccoli, Fruit salad</p> <p><b>WG</b> Animal Crackers, Pineapple</p>                     | <p>6 Special K Cereal, Blueberries</p> <p>Meatball Sliders on <b>WG</b> Bun, Cheese Slices, Tater Tots, Watermelon</p> <p><b>WG</b> Soft Pretzel w Cheese Sauce, 100% Juice</p>                             |
| <p>9 Blueberry Snack Bread, Fruit Cocktail</p> <p>Cheese Burger on <b>WG</b> Bun, Lettuce Salad, Apple Slices</p> <p><b>WG</b> Banana Bread</p> <p style="color: red; font-weight: bold;">Y Kids Only</p>      | <p>10 <b>WG</b> Cheerios, Pears</p> <p>Shredded Chicken, Gravy, Mashed Potatoes, <b>WG</b> Roll, Green Beans, Applesauce</p> <p>Fresh Veggies w/Dip</p>  | <p>11 Cheese Omelet, Hash Brown Patties, Banana</p> <p>Chicken or Tuna Salad on <b>WG</b> Bread, Cheese Cubes, Sweet Potato Fries, Kiwi</p> <p><b>WG</b> Graham Crackers, Tropical Fruit</p>                     | <p>12 <b>WG</b> Blueberry Muffin Bar, Strawberries</p> <p>Taco Meat, <b>WG</b> Softshells, Cheese, Lettuce, &amp; Corn, Salsa, Melon</p> <p><b>WG</b> Chex Mix, 100% Juice Slush Cup</p>             | <p>13 <b>WG</b> Waffles, Blueberries</p> <p>BBQ on a <b>WG</b> Bun, Cheese, Coleslaw, Baked Beans, Peaches</p> <p><b>WG</b> Animal Crackers, Yogurt</p>   |
| <p>16 Kix cereal, Fruit Cocktail</p> <p>HM Macaroni &amp; Cheese, Diced Ham, <b>WG</b> Breadstick, Peas, Fruit Salad</p> <p><b>WG</b> Peanut Butter and Jelly Sandwich</p>                                     | <p>17 <b>WG</b> Banana Bread, Mixed Berries</p> <p>Turkey &amp; Cheese Rollup with <b>WG</b> Tortillas, Pasta Salad, Carrots &amp; Dip, Grapes</p> <p>Yogurt, Fruit Salsa, <b>WG</b> Granola</p>   | <p>18 Scrambled Eggs, <b>WG</b> Toast, Jelly, Bananas</p> <p>HM Chicken &amp; Cheese Quesadilla on <b>WG</b> Tortilla, Black Beans, Cherry Tomatoes w Dip, Mango</p> <p><b>WG</b> Trail Mix, Apple Slices</p>    | <p>19 <b>WG</b> Frosted Mini Wheats Cereal, Blueberries</p> <p>Stir Fry Veggies with Chicken, <b>WG</b> Brown Rice, Spring Rolls with Sauce, Mandarin Oranges</p> <p>Rice Cakes, Peaches</p>         | <p>20 Breakfast Burrito, (<b>WG</b> Tortilla, Eggs, Cheese, Ham), Orange Wedges</p> <p>HM Meat Pizza/ Cheese Pizza, Cottage Cheese, Lettuce Salad, Pineapple</p> <p><b>WG</b> muffin, 100% Juice</p>        |
| <p>23 <b>WG</b> Cheerios, Applesauce</p> <p><b>WG</b> Spaghetti with Meat Sauce, Cheesy Breadstick, Broccoli, Apple Slices</p> <p>String Cheese, <b>WG</b> Animal Crackers</p>                                 | <p>24 <b>WG</b> Life Cereal, Blueberries</p> <p>Pasta Salad with Ham &amp; Cheese, Hawaiian Roll, Cucumber Slices &amp; Dip, Grapes</p> <p>Celery, Raisins and Peanut Butter</p>   | <p>25 <b>WG</b> Apple Cinnamon Muffin, Strawberries</p> <p>Chicken Strips, Rice Pilaf, Peas, Orange Wedges</p> <p><b>WG</b> Sun Chips, 100% Juice Slush Cup</p>  | <p>26 <b>WG</b> Pancakes, Fruit Salsa</p> <p>Chicken Fajita Strips, <b>WG</b> Softshells, Cheese, Salsa, Lettuce, Mixed Pepper Strips &amp; Dip, Kiwi</p> <p><b>WG</b> Tortilla Chips with Salsa</p> | <p>27HM Scrambled Egg Bake, <b>WG</b> Toast, Bananas</p> <p>Tomato soup, HM Grilled Cheese <b>WG</b> Sandwich, Ham Slices, Cucumbers &amp; Dip, Peas</p> <p><b>WG</b> Goldfish Crackers, Fruit Cocktail</p> |
| <p>30 <b>WG</b> Blueberry Bread, Strawberries</p> <p>Fish Sticks, Potato Salad, <b>WG</b> Roll, Tropical Fruit</p> <p><b>WG</b> Chex Mix, Applesauce</p> <p style="color: red; font-weight: bold;">IT Only</p> | <p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red;">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.</p> <p>WG = whole grain    WGR = whole grain rich    HM = homemade</p> <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 &amp;/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.</p> |  |  |   |

