

September 2024 Head Start Menu West 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>WG Chicken Nuggets, Buttered Noodles, WG Roll, Peas, Applesauce</p> <p>Yogurt, Mixed Berries, WG Granola</p>	<p>4 WG English Muffin Egg & Cheese Sandwich, Bananas</p> <p>HM Beef Stroganoff, Buttered Noodles, WG Roll/Bread, Cooked Carrots, Peaches</p> <p>WG Goldfish Crackers, Cheese Cubes</p>	<p>5 WG French Toast Sticks, Strawberries</p> <p>Cheese Ravioli, Meat Sauce, WG Breadsticks, Broccoli, Fruit salad</p> <p>WG Soft Pretzel w Cheese Sauce, 100% Juice</p>	<p>6 Special K Cereal, Blueberries</p> <p>Taco Pasta Salad with Meat, Cheese, Lettuce, & Corn, WG Tortilla Chips, Salsa, Melon</p> <p>WG Animal Crackers, Tropical Fruit</p>
<p>9</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>10 WG Cheerios, Strawberries</p> <p>Shredded Chicken, Gravy, Mashed Potatoes, WG Roll, Green Beans, Pears</p> <p>Fresh Veggies w/Hummus</p>	<p>11 Cheese Omelet, Hash Brown Patties, Banana</p> <p>Chicken or Tuna Salad on WG Bread, Cheese Cubes, Sweet Potato Fries, Kiwi</p> <p>WG Graham Crackers, Peanut Butter</p>	<p>12 WG Blueberry Muffin Bar, Pears</p> <p>Meatball Sliders, Bun, Cheese Slices, French Fries, Watermelon</p> <p>WG Chex Mix, 100% Juice Slush Cup</p>	<p>13 WG Waffles, Blueberries</p> <p>BBQ on a WG Bun, Cheese, Coleslaw, Baked Beans, Peaches</p> <p>WG Animal Crackers, Yogurt</p>
<p>16 WG Kix cereal, Fruit Cocktail</p> <p>HM Macaroni & Cheese, Diced Ham, WG Breadstick, Peas, Fruit Salad</p> <p>WG Peanut Butter and Jelly Sandwich</p> <p style="color: red; font-weight: bold;">I/T Only</p>	<p>17 WG Banana Bread, Mixed Berries</p> <p>HM Chicken & Cheese Quesadilla on WG Tortilla, Black Beans, Cherry Tomatoes w Dip, Mango</p> <p>Yogurt, Fruit Salsa, WG Granola</p>	<p>18 Scrambled Eggs, WG Toast, Jelly, Bananas</p> <p>Turkey & Cheese Rollup with WG Tortillas, Pasta Salad, Carrots & Dip, Grapes</p> <p>WG Trail Mix, Apple Slices</p>	<p>19 WG Frosted Mini Wheats Cereal, Blueberries</p> <p>Stir Fry Veggies with Chicken, WG Brown Fried Rice, Mandarin Oranges</p> <p>Rice Cakes, Peaches</p>	<p>20 Breakfast Burrito, (WG Tortilla, Eggs, Cheese, Ham), Orange Wedges</p> <p>HM Meat Pizza/ Cheese Pizza, Cottage Cheese, Lettuce Salad, Pineapple</p> <p>WG Muffin, 100% Juice</p>
<p>23 WG Cheerios, Applesauce</p> <p>WG Spaghetti with Meat Sauce, Cheesy Breadstick, Broccoli, Apple Slices</p> <p>String Cheese, WG Animal Crackers</p> <p style="color: red; font-weight: bold;">Preschool In Session</p>	<p>24 WG Life Cereal, Blueberries</p> <p>Tomato soup, HM Grilled Cheese WG Sandwich, Ham Slices, Cucumbers & Dip, Pears</p> <p>Celery, Raisins and Peanut Butter</p>	<p>25 HM Scrambled Egg Bake, WG Toast, Bananas</p> <p>Chicken Strips, Rice Pilaf, Sugar Snap Peas, Orange Wedges</p> <p>WG Sun Chips, 100% Juice Slush Cup</p>	<p>26 WG Pancakes, Fruit Salsa</p> <p>Chicken Fajita Strips, WG Softshells, Cheese, Salsa, Lettuce, Mixed Pepper Strips & Dip, Kiwi</p> <p>WG Tortilla Chips with Salsa</p>	<p>27 WG Apple Cinnamon Muffin Bars, Strawberries</p> <p>Pasta Salad with Ham & Cheese, Hawaiian Roll, Cucumber Slices & Dip, Grapes</p> <p>WG Goldfish Crackers, Fruit Cocktail</p> <p style="color: red; font-weight: bold;">I/T Only</p>
<p>30 WG Blueberry Bread, Melon</p> <p>Bean & Cheese Burrito, Jicama Sticks, WG Tortilla Chips w Salsa, Tropical Fruit</p> <p>WG Chex Mix</p> <p style="color: red; font-weight: bold;">I/T Only</p>	<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red; font-weight: bold;">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 &/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>			

