

November 2024 Head Start Menu - West Center




Monday

Tuesday

Wednesday

Thursday

Friday

<p>All-day session children receive breakfast, lunch and snack.</p> <p>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>				<p>1 Special K cereal, Blueberries</p> <p>Lentil BBQ on a WG Bun, Green Beans, Pears</p> <p>WG Animal Crackers</p> <p style="text-align: center;">IT ONLY</p>
<p>4</p>  <p style="text-align: center;">Center Closed</p>	<p>5 WG Cinnamon Toast, Mandarin Oranges</p> <p>Spaghetti with Meat Sauce, WG Breadstick, Broccoli, Melon</p> <p>Cheese Cubes and Apple Slices</p>	<p>6 WG Waffles, Bananas</p> <p>Tomato Soup, Grilled Cheese on WG Bread, Ham Slices, Cucumbers and Dip, Peaches</p> <p>WG Graham Crackers, Peanut Butter</p>	<p>7 WG Frosted Mini Wheats, Blueberries</p> <p>Pizza Burger on WG Bun, French Fries, California Vegetables, Oranges</p> <p>WG Tortilla Chips, Salsa</p>	<p>8 Scrambled Eggs, WG Toast, Strawberries</p> <p>Chicken Noodle Soup, Cheesy Breadstick, Roasted Butternut Squash, Kiwi</p> <p>Hard boiled eggs, WG Crackers, 100% Juice</p>
<p>11 WG Muffin Bars, Mixed Berries</p> <p>HM Macaroni & Cheese, Diced Ham, WG Breadstick, Peas, Fruit Salad</p> <p>WG Banana Bread</p> <p style="text-align: center;">IT ONLY</p>	<p>12 Rice Krispies, Pears</p> <p>Chicken Patty on WG Bun, Cheese Slices, Potato Smiles, Sliced Beets, Mandarin Oranges</p> <p>Yogurt, Berries, WG Granola</p>	<p>13 WG French Toast Bread, Bananas</p> <p>Shredded Chicken, Mashed Potatoes & Gravy, WG Roll, Cooked Carrots, Melon</p> <p>WG Trail Mix, 100% Juice</p>	<p>14 WG Cheerios, Blueberries</p> <p>Burger with WG Bun, Cheese Slices, Pickles, Potato Salad, Apple Slices</p> <p>WG Rice Cakes, Peanut Butter</p>	<p>15 Scrambled eggs, Hash Brown Patties</p> <p>Ham & Cheese Baked Potato, WG Roll, Broccoli, Peaches</p> <p>WG Goldfish Crackers, Applesauce</p>
<p>18 WG Pancakes, Fruit Salsa</p> <p>HM Chicken & Cheese on WG Quesadilla, Black Beans, Corn, Orange slices</p> <p>WG Animal Crackers</p> <p style="text-align: center;">IT ONLY</p>	<p>19 WG English Muffins, Peanut Butter, Jelly, Applesauce</p> <p>Cheese Ravioli, Meat Sauce, WG Roll, Roasted Cauliflower, Grapes</p> <p>WG Graham Cracker</p>	<p>20 WG Apple Cinnamon Muffin Bars, Bananas</p> <p>Baked Turkey, Mashed Potatoes, Stuffing, Gravy, Green Bean Casserole, WG Roll, Fruit Salad</p> <p>Cheese & WG Crackers</p>	<p>21 WG Cheerios, Strawberries</p> <p>Turkey & Cheese on Pretzel Bun, Sweet Potato Fries, Cucumbers & Dip, Pears</p> <p>WG Banana Bread</p>	<p>22 WG English Muffin Egg & Cheese Sandwich, Bananas</p> <p>Tuna Salad, WG Bread, Cheese Cubes, Peas, Applesauce</p> <p>WG Peanut Butter and Jelly Sandwich</p>
<p>25 WG Pumpkin Bread, Blueberries</p> <p>Bean & Cheese Burrito, WG Tortilla Chips, Salsa, Corn, Tropical Fruit</p> <p>Apple slices & Nut Butter</p> <p style="text-align: center;">Preschool & 4K in Session</p>	<p>26 WG Muffin, Melon</p> <p>Vegetarian Chili, Shredded Cheese, Noodles, Carrots & Dip, Grapes</p> <p>WG Sunchips</p>	<p>27</p>  <p style="text-align: center;">Center Closed</p>	<p>28</p>  <p style="text-align: center;">Center Closed</p>	<p>29</p>  <p style="text-align: center;">Center Closed</p>