

December 2024 Head Start Menu - West Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 WG Banana Bread, Pears</p> <p>Creamy Ham and Potato Soup, Saltine Crackers, Cottage Cheese, Peas, Peaches</p> <p>WG Animal Crackers</p> <p style="text-align: center; color: red;">IT ONLY</p>	<p>3 WG Kix Cereal, Orange Slices</p> <p>Spaghetti & Meat Sauce, WG Breadstick, Italian Veggies, Tropical Fruit</p> <p>Baby Carrots and Dip</p>	<p>4 Scrambled Eggs, WG Toast, Apple Slices</p> <p>Chicken Nuggets, Rice Pilaf, Cooked Carrots, Banana</p> <p>WG Rice cakes</p>	<p>5 WG Blueberry Muffin Bar, Applesauce</p> <p>WG English Muffin Pizzas, Cheese Cubes, Lettuce Salad, Mandarin Oranges</p> <p>WG Tortilla Chips & Salsa</p>	<p>6 WG French Toast Sticks, Grapes</p> <p>Cheese Omelet, Oven Roasted Diced Potatoes, WG Toast, Mixed Fruit</p> <p>Graham Crackers, 100% Juice</p>
<p>9</p> <div style="text-align: center;">  </div> <p style="text-align: center; color: red;">Center Closed</p>	<p>10 WG Bagels, Cream Cheese, Apple Slices</p> <p>HM Cheese Pizza Quesadilla, WG Tortilla Shell, Cottage Cheese, Cucumbers & Dip, Pineapple</p> <p>String Cheese, Pretzels</p>	<p>11 Egg Bake w/ Cheese and Sausage, Bananas</p> <p>Chicken Strips, Scalloped Potatoes, WG Breadstick, Applesauce</p> <p>Yogurt, WG Granola, Blueberries</p>	<p>12 WG Cheerios, Strawberries</p> <p>Lentil Taco Meat, WG Shells, Cheese, Salsa, Lettuce, Bell Pepper Strips, Pears</p> <p>Cheese Cubes, WG Goldfish Crackers</p>	<p>13 WG English Muffin, Blueberries</p> <p>Chicken and Brown Rice Soup, Ham Sandwich on WG Bread, Corn, Mandarin Oranges</p> <p>WG Sunchips, 100% Juice</p>
<p>16 Scrambled Eggs, WG Toast, Melon</p> <p>Chicken Alfredo, Pasta, WG Roll, Peas, Pears</p> <p>Graham Cracker w/ Peanut Butter</p> <p style="text-align: center; color: red;">IT ONLY</p>	<p>17 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Shredded Chicken on Hawaiian Roll, Cheese Slices, Roasted Broccoli, Tropical Fruit</p> <p>WG Rice Cake, 100% Juice</p>	<p>18 WG Honey Bunches of Oats, Bananas</p> <p>Orange Chicken, WG Brown Rice, Oriental Veggies, Mixed Fruit</p> <p>WG Peanut Butter & Jelly Sandwiches</p>	<p>19 WG French Toast Sticks, Fruit Salsa</p> <p>Chicken Enchilada Soup, Cornbread Muffins, Baby Carrots & Dip, Pineapple</p> <p>WG Pumpkin Bread</p>	<p>20 WG Blueberry Muffins, Peaches</p> <p>Ham, Scalloped Potatoes, Cooked Carrots, WG Rolls, Mandarin Oranges</p> <p>WG Chex Mix</p>
<p>23</p> <div style="text-align: center;">  </div> <p style="text-align: center; color: red;">Center Closed</p>	<p>24</p> <div style="text-align: center;">  </div> <p style="text-align: center; color: red;">Center Closed</p>	<p>25</p> <div style="text-align: center;">  </div> <p style="text-align: center; color: red;">Center Closed</p>	<p>26</p> <div style="text-align: center;">  </div> <p style="text-align: center; color: red;">Center Closed</p>	<p>27</p> <div style="text-align: center;">  </div> <p style="text-align: center; color: red;">Center Closed</p>

All-day sessions serve breakfast, lunch & 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

** 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