



West Head Start Center April 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Yogurt, Peaches, WG Granola</p> <p>Meatloaf, Mashed Potatoes, Gravy, Hawaiian Roll, Mixed Vegetables, Pears</p> <p>WG Muffin</p>	<p>2 Croissant Sandwiches (Egg, Canadian Bacon, & Cheese), Banana</p> <p>Hamburger on WG Bun, Cheese Slices, Potato Smiles, Pickles, Apple Slices</p> <p>WG Tortilla Chips & Salsa</p>	<p>3 WG HM Raisin Pear Muffin Bars, Applesauce</p> <p>HM Creamy Ham & Potato Soup, WG Roll, Crackers, Cheese Cube, Carrots & Dip, Pineapple</p> <p>WG Soft Pretzels & Cheese Sauce</p>	<p>4 Special K Cereal, Strawberries</p> <p>HM Baked Chicken Parmesan, WG Breadstick, Buttered Noodles, California Vegetable, Kiwi</p> <p>WG Cheez-It, 100% Juice</p>
<p>7 WG Pumpkin Bread, Orange Slices</p> <p>Beef & Bean Enchilada on WG Tortilla, Cooked Carrots, Strawberries</p> <p>WG Crackers & String Cheese</p> <p style="color: red;">West Preschool ONLY NO I/T</p>	<p>8 Breakfast Burrito (WG Tortilla, Scrambled Eggs, Cheese), Strawberries</p> <p>HM Beef Stroganoff, Buttered Noodles, WG Roll, Cucumber & Dip, Clementines</p> <p>WG Peanut/Seed Butter & Jelly Sandwich</p>	<p>9 WG Biscuits & HM Gravy, Jelly, Banana</p> <p>Ham & Cheese Slice on WG Bun, French Fries, Baked Beans, Pears</p> <p>Rice Cakes</p>	<p>10 WG Frosted Mini Wheat Cereal, Blueberries</p> <p>HM Cheesy Baked Chicken, WG Brown Rice, Mixed Vegetables, Pineapple</p> <p>WG Chex Mix</p>	<p>11 WG Waffle Sticks, Fruit Salsa</p> <p>HM Meat/Cheese Pizza, Cottage Cheese, Carrots & Dip, Fruit Salad</p> <p>WG HM Zucchini Bread, 100% Juice</p>
<p>14 WG Muffin, Applesauce</p> <p>Chicken Alfredo, Buttered Noodles, WG Breadstick, Roasted Broccoli, Mandarin Oranges</p> <p>WG Graham Snacks, Cheese Slices</p> <p style="color: red;">Preschool in Session</p>	<p>15 WG Life Cereal, Blueberries</p> <p>WG Fish Sticks, Cheese Cube, Rice Pilaf, Peas, Orange Slices</p> <p>Yogurt, Fruit Salsa, WG Granola</p>	<p>16 Scrambled Eggs, Cheese, Hash Brown Patties, WG Toast, Jelly, Strawberries</p> <p>Meatballs with Gravy, Mashed Potatoes, WG Roll, Green Beans, Pears</p> <p>WG HM Cheesy Ranch Chex Mix</p>	<p>17 WG Pancake, Banana</p> <p>HM Sloppy Joe on WG Bun, Cheese Slices, Tater Tots, Corn, Grapes</p> <p>WG HM Banana Bread, 100% Juice</p>	<p>18</p>  <p style="color: red;">CENTER CLOSED</p>
<p>21 WG Mini Waffle, Strawberries</p> <p>Cheese Ravioli with Meat Sauce, WG Cheesy Breadstick, Green Beans, Apple Slices</p> <p>Trail Mix with WG Goldfish Crackers</p> <p style="color: red;">I/T ONLY</p>	<p>22 Cinnamon Toast, Peaches</p> <p>Orange Chicken, WG Fried Rice, Stir Fry Veggies, Mandarin Oranges</p> <p>WG Sunchips</p>	<p>23 WG Kix Cereal, Banana</p> <p>HM Butter Chicken with Sauce, Naan Bread, Cucumber & Dip, Pineapple</p> <p>WG Veggie Cracker & Cheese Slices</p>	<p>24 WG HM Pumpkin Muffin Bars, Applesauce</p> <p>HM Turkey & Wild Rice Soup, Baked Beans, Crackers, Sweet Potato Fries, Strawberries</p> <p>WG Animal Crackers</p>	<p>25 WG French Toast Sticks, Fruit Salsa</p> <p>Pulled Pork, Corn Tortillas, Spanish Rice, Sour Cream, Salsa, Jicama & Dip, Mango</p> <p>WG Tortilla Chips with Guacamole Dip, 100% Juice</p>
<p>28 WG Oatmeal, Raisins, Diced Apples</p> <p>Chicken Tenders, Rice Pilaf, Tater Tots, Peas, Peaches</p> <p>WG Blueberry Bread</p> <p style="color: red;">I/T ONLY</p>	<p>29 Yogurt, Blueberries, WG Granola</p> <p>WG HM Grilled Cheese Sandwich, Tomato Soup, Ham Slices, Broccoli and Dip, Pears</p> <p>String Cheese & Apple Slices</p>	<p>30 Sausage, WG Toast, Orange Slices</p> <p>HM Nacho & Lentil Taco Meat, WG Tortilla Chips, Lettuce, Salsa, Black Beans, Tropical Fruit</p> <p>WG Graham Snacks & Peanut/Seed Butter</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 style="text-align: center;">WG = whole grain HM = homemade</p>	