

June 2026 Head Start Menu - MFLD

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 WG French Toast Bread, Applesauce</p> <p>Orange Chicken, Rice Pilaf, Broccoli, Mandarin Oranges</p> <p>WG Sunchip, 100% Juice Slush Cups</p> <p style="color: red; text-align: center;">Preschool Only</p>	<p>2 WG Cheerios, Blueberries</p> <p>Ham Slices, Cheese Slices, Hawaiian Roll, Cheesy Tater Tots, Pears</p> <p>WG Goldfish Cracker</p>	<p>3 Cheese Omelet, WG Toast, Strawberries</p> <p>Chicken Nuggets, French Fries, Naan Bread, Peas, Watermelon</p> <p>WG Tortilla Chips, Salsa</p> <p style="color: red; text-align: center;">Last Day Preschool</p>	<p>4 WG Bagel, Cream Cheese, Banana</p> <p>Meatballs, Mashed Potatoes, Gravy, WG Roll, Green Beans, Grapes</p> <p>Rice Cakes</p>	<p>5 WG Banana Bread, Apple slices</p> <p>Tomato Soup, Grilled Cheese on WG Bread, Cucs & Dip, Tropical Fruit mix</p> <p>WG Graham Snacks</p>
<p>8 WG Oatmeal, Raisins/Dried Fruit</p> <p>Macaroni & Cheese, Diced Ham, WG Breadstick, Cooked Cauliflower, Pears</p> <p>WG Muffin</p>	<p>9 WG Kix, Tropical Fruit</p> <p>Tuna or Chicken Salad with WG Bread, String Cheese, Roasted Broccoli, Mango</p> <p>Cottage Cheese & Peaches</p>	<p>10 WG Pancakes, Fresh Strawberries</p> <p>Sloppy Joes on a WG Bun, Cheese Slices, Potato Smiles, Pickles, Clementines</p> <p>Apple Slices, Peanut Butter</p>	<p>11 WG Pumpkin Bread, Banana</p> <p>WG Chicken Patties, WG Bun, Cheese Slices, Green Beans, Fresh Blueberries</p> <p>WG Scooby Graham Snacks</p>	<p>12 Cinnamon Toast, Peaches</p> <p>Chicken Fajita Strips, WG Tortilla, Cheese, Salsa, Lettuce, Sour Cream, Corn, Fruit Cocktail</p> <p>WG Peanut Butter & Jelly Sandwich, 100% Juice</p>
<p>15 WG Toast, Scrambled Eggs, Fresh Strawberries</p> <p>Chicken Noodle Soup, Crackers, WG Cheesy Breadstick, Peas, Peaches</p> <p>WG Soft Pretzel & Cheese Sauce</p>	<p>16 Rice Krispies Cereal, Mandarin Oranges</p> <p>Pasta Salad with Ham, Cooked Carrots, WG Breadstick, Tropical Fruit</p> <p>Yogurt, WG Granola</p>	<p>17 WG French Toast Sticks, Apple Slices</p> <p>Spaghetti with Meat Sauce, Garlic Bread, California Vegetables, Melon</p> <p>WG Chex Mix</p>	<p>18 WG Oatmeal, Diced Pears, Raisins</p> <p>Hamburger on a WG Bun, Cheese Slices, Pickles, Potato Smiles, Corn, Mango</p> <p>WG Banana Bread</p>	<p>19 WG Muffin, Applesauce</p> <p>Flatbread Pizza with Cheese and Meat, Cottage Cheese, Cucs and Dip, Grapes</p> <p>WG Sun Chips, 100% Juice Slush Cups</p>
<p>22 WG Pancakes and Applesauce</p> <p>WG English Muffin Meat/Cheese Pizza, Cottage Cheese, Cooked Carrots, Pineapple</p> <p>WG Animal Crackers</p>	<p>23, WG Frosted Mini Wheats, Fresh Blueberries</p> <p>WG Fish Nuggets, Potato Salad, WG Roll, Orange Slices</p> <p>Rice Cakes</p>	<p>24 Yogurt, Fresh Strawberries, WG Granola</p> <p>Chicken, Alfredo Sauce, Noodles, WG Breadstick, Peas, Fresh Raspberries</p> <p>WG Peanut Butter & Jelly Sandwich</p>	<p>25 Scrambled Eggs, Cheese, Fruit Cocktail</p> <p>Beef & Bean Enchilada on WG Tortilla, Spanish Rice, Salsa, Sour Cream, Corn, Pears</p> <p>WG Graham Cracker</p>	<p>26 WG Cherrios, Banana</p> <p>Ham Slices, Cheese Slices, Hawaiian Roll, Cheesy Tater Tots, Tropical Fruit</p> <p>WG Trail Mix, 100% Juice</p>
<p>29 WG French Toast Bread, Pears</p> <p>Nachos (WG Tortilla Chips, Beef, Cheese, Lettuce, Salsa, Sour Cream), Corn, Mango</p> <p>WG Animal Crackers</p>	<p>30 WG Life Cereal, Peaches</p> <p>Pulled Pork on a WG Bun, Cheese Cubes, French Fries, Strawberries</p> <p>Yogurt, WG Granola</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>		