

July 2026 Head Start Menu - Biron/West Center

Monday	Tuesday	Wednesday	Thursday	Friday
All-day session children receive breakfast, lunch and 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		1 WG Bagel, Cream Cheese, Jelly, Strawberries Glazed Meatloaf with Gravy, Mashed Potatoes, WG Roll, Peas, Apple Slices WG Goldfish Crackers	2 WG Blueberry Bread, Applesauce Spaghetti Noodles with Meat Sauce, WG Breadstick, Carrots & Dip, Mandarin Oranges Animal Crackers, 100% Juice	3 Center Closed 
6 Center Closed 	7 WG Life Cereal, Strawberries WG Fish Nuggets, Rice Pilaf, Green Beans, Apple Slices Cheese Cubes & Saltine Crackers	8 Croissant Breakfast Sandwich (Egg, Ham, & Cheese), Pineapple Chicken Fajita Strips, WG Tortilla Shells, Cheese, Salsa, Lettuce, Sour Cream, Corn, Grapes WG Graham Crackers	9 WG English Muffin Toast, Peanut/Seed Butter, Jelly, Banana Turkey Slices, Cheese Slices, Hawaiian Roll, Cheesy Tater Tots, Pickles, Strawberries Yogurt, WG Granola, Peaches	10 WG Waffle Sticks, Blueberries HM Cheesy Flatbread with Sauce, Cottage Cheese, Lettuce Salad, Mandarin Oranges WG Muffin, 100% Juice
13 Cheese Omelet, WG Toast, Kiwi Swedish Meatballs, Buttered Noodles, Cooked Broccoli, Orange Slices WG Sunchips	14 WG French Toast Bread, Applesauce BBQ Beef on a Bun, Cheese Slices, Carrots & Dip, Apple Slices WG Banana Bread	15 WG Kix Cereal, Strawberries Popcorn Chicken Bowl (WG Chicken, Gravy, Mashed Potatoes, Cheese, & Corn), WG Roll, Clementines Rice Cakes	16 Sausage, Hash Brown Patties, Apple Slices HM Creamy Italian Pasta with Chicken, WG Breadstick, Cucumbers & Dip, Pineapple WG Tortilla Chips & Salsa	17 WG Pancakes, Blueberries HM Macaroni Salad with Egg, Naan Bread, Cheese Slices, Potato Smiles, Pickles, Peaches WG Chex Mix, 100% Juice
20 WG Cheerios, Strawberries Orange Chicken, HM Lo Mein Noodles, Mixed Vegetables, Pineapple WG Peanut/Seed Butter & Jelly Sandwich	21 WG Pumpkin Bread, Applesauce HM Beef Stroganoff, Buttered Noodles, Green Beans, Orange Slices WG Animal Crackers	22 Scrambled Eggs, WG Toast, Banana Refried Bean, WG Tortilla Chips, Spanish Rice, Cheese, Lettuce, Salsa, Corn, Pears String Cheese & Pretzels	23 Cubed Ham, Yogurt, WG Granola, Mandarin Oranges HM Chicken Noodle Soup, Crackers, Cheese Cube, Carrots & Dip, Watermelon WG Graham Cracker	24 HM WG Muffin Bars, Applesauce HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Lettuce Salad, Melon Mix WG Cheez-It, 100% Juice Slush Cups
27 Rice Krispies Cereal, Blueberries HM Creamy White Chili with Chicken, WG Frito Chips, WG Cheesy Breadstick, Peas, Orange Slices WG Muffin	28 WG French Toast Sticks, Peaches HM Mac & Cheese, Diced Turkey, Naan Bread, Cooked Broccoli, Apple Slices WG Veggie Crackers	29 WG Mini Waffles, Fruit Salsa Chicken Tender, WG Brown Rice, Green Beans, Mandarin Oranges Cheese Cube & Pretzels	30 Cinnamon Toast, Sausage, Applesauce Salisbury Steak with Gravy, Mashed Potatoes, WG Roll, California Vegetable Blend, Fruit Cocktail Trail Mix WG Goldfish Crackers	31 Special K Cereal, Strawberries HM Grilled Cheese on WG Bread, Tomato Soup, Crackers, Ham Slices, Carrots & Dip, Pineapple WG Sun Chips, 100% Juice

**** 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.**