

SETA HEAD START MENU

December 2018

"This institution is an equal opportunity provider"

"Bread products are whole grain and sliced meats are processed."

Monday

3 Breakfast Week 3
 Milk, Low Fat 1%
 Cheerios Cereal
 Oranges, fresh
Lunch
 Milk, Low Fat 1%
 Apple, fresh
 Green Peas
 Macaroni & Cheese
 Watermelon, fresh or
Snack
 Crackers, Wheat Thins
 Pears

Tuesday

4 Breakfast Week 3
 Milk, Low Fat 1%
 Applesauce
 Waffles, sticks
Lunch
 Milk, Low Fat 1%
 Chicken Drumsticks
 Spinach Salad
 Oranges, fresh
 Wheat Breadsticks
Snack
 Apple, fresh
 Sun Butter

Wednesday

5 Breakfast Week 3
 Milk, Low Fat 1%
 Whole Wheat Biscuit
 Peaches
Lunch
 Milk, Low Fat 1%
 Cantaloupe, fresh
 Fiesta Rice & Beans
 Tomato, diced
Snack
 Milk, Low Fat 1%
 Strawberry Chex

Thursday

6 Breakfast Week 3
 Milk, Low Fat 1%
 Banana, fresh
 Whole Wheat Bagel
Lunch
 Milk, Low Fat 1%
 Carrot, fresh
 Chicken Salad
 Strawberries, fresh or
 Tangerine, fresh or
 Wheat Ciabatta Bread
Snack
 Crackers, Dick & Jane
 Pineapple, tidbits

Friday

7 Breakfast Week 3
 Milk, Low Fat 1%
 Muffin, Banana
 Oranges, fresh
Lunch
 Milk, Low Fat 1%
 Apricots
 Swiss American Cheese
 Tortilla, Whole Wheat
 Zucchini sticks
Snack
 Milk, Low Fat 1%
 Cheerios, Whole Grain Cereal

10 Breakfast Week 4
 Milk, Low Fat 1%
 Apple, fresh
 Brown Rice Krispies Cereal
Lunch
 Milk, Low Fat 1%
 Beef, Hamburger
 Corn
 Oranges, fresh
 Whole Wheat Bun
Snack
 Crackers, Dick & Jane
 Peaches

11 Breakfast Week 4
 Milk, Low Fat 1%
 Pineapple, tidbits
 Whole Wheat Bagel
Lunch
 Milk, Low Fat 1%
 Apricots
 Beans Refried
 Cheddar Cheese
 Tomato, diced
 Tortilla, Whole Wheat
Snack
 Milk, Low Fat 1%
 Cheerios, Whole Grain Cereal

12 Breakfast Week 4
 Milk, Low Fat 1%
 Banana, fresh
 Oatmeal Cereal
Lunch
 Milk, Low Fat 1%
 Cheese Enchilada with Sauce
 Romaine Lettuce Salad
 Oranges, fresh
Snack
 Carrot, fresh
 Hummus

13 Breakfast Week 4
 Milk, Low Fat 1%
 Apricots
 French Toast Sticks
Lunch
 Milk, Low Fat 1%
 Coleslaw Salad
 Mangoes
 Tortilla, Whole Wheat
 Turkey & Cheese Roll Up
Snack
 Banana, fresh
 Cheese Sticks

14 Breakfast Week 4
 Milk, Low Fat 1%
 Apple, fresh
 Muffin, Blueberry
Lunch
 Milk, Low Fat 1%
 Cantaloupe, fresh
 Carrot, fresh
 Crackers, Wheat Thins
 Tuna Salad
Snack
 Milk, Low Fat 1%
 Crackers, Remy's Graham

17 Breakfast Week 5
 Milk, Low Fat 1%
 Pancakes
 Pears
Lunch
 Milk, Low Fat 1%
 Apricots
 Chicken Patty
 Coleslaw Salad
 Whole Wheat Bun
Snack
 Cheese Sticks
 Pineapple, tidbits

18 Breakfast Week 5
 Milk, Low Fat 1%
 Apple, fresh
 Cheerios, Whole Grain Cereal
Lunch
 Milk, Low Fat 1%
 Refried Beans
 Strawberries, fresh or
 Tangerine, fresh or
 Tomato Salsa
 Tortilla, Whole Wheat
Snack
 Milk, Low Fat 1%
 Multi Grain Flakes Cereal

19 Breakfast Week 5
 Milk, Low Fat 1%
 Whole Wheat Biscuit
 Peaches
Lunch
 Milk, Low Fat 1%
 Whole Wheat Bread
 Cantaloupe, fresh
 Carrot, fresh
 Turkey Sliced
Snack
 Banana, fresh
 Crackers, Dick & Jane

20 Breakfast Week 5
 Milk, Low Fat 1%
 Oatmeal Cereal
 Pineapple, tidbits
 Raisins
Lunch
 Milk, Low Fat 1%
 Apricots
 Romaine Lettuce Salad
 Spaghetti Casserole
Snack
 Milk, Low Fat 1%
 Strawberry Chex

21 Breakfast Week 5
 Milk, Low Fat 1%
 Muffin, Banana
 Oranges, fresh
Lunch
 Milk, Low Fat 1%
 Banana, fresh
 Broccoli, fresh
 Chicken Salad
 Crackers, Wheat Thins
Snack
 Milk, Low Fat 1%
 Brown Rice Krispies Cereal

24 Breakfast Week 1
 NO CLASSES
 NO CLASSES
 NO CLASSES
Lunch
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
Snack
 NO CLASSES
 NO CLASSES

25 Breakfast Week 1
 NO CLASSES
 NO CLASSES
 NO CLASSES
Lunch
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
Snack
 NO CLASSES
 NO CLASSES

26 Breakfast Week 1
 NO CLASSES
 NO CLASSES
 NO CLASSES
Lunch
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
Snack
 NO CLASSES
 NO CLASSES

27 Breakfast Week 1
 NO CLASSES
 NO CLASSES
 NO CLASSES
Lunch
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
Snack
 NO CLASSES
 NO CLASSES

28 Breakfast Week 1
 NO CLASSES
 NO CLASSES
 NO CLASSES
Lunch
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
Snack
 NO CLASSES
 NO CLASSES