

SETA HEAD START MENU

July 2016

Monday

Tuesday

Wednesday

Thursday

Friday

4 Breakfast Week 2
Milk
Apple, fresh
Multi Grain Flakes Cereal
Lunch
Milk
BBQ Beef Burger
Cantaloupe, fresh
Mixed Vegetables
Whole Wheat Bun
Snack
Oranges, fresh
Yogurt, Strawberry Banana

5 Breakfast
Milk
French Toast Sticks
Pears
Lunch
Milk
Apple, fresh
Chicken Drumsticks
Macaroni Salad
Tomato, fresh
Watermelon, fresh or
Snack
Milk
Brown Rice Krispies Cereal

6 Breakfast
Milk
Oatmeal Cereal
Pineapple, tidbits
Raisins
Lunch
Milk
Beans Refried
Coleslaw Salad
Strawberries, fresh or
Tangerine, fresh or
Tortilla, Whole Wheat
Snack
String Cheese
Peaches

7 Breakfast
Milk
Banana, fresh
Crispix Cereal
Lunch
Milk
Whole Wheat Bread
Carrot, fresh
Egg Salad
Oranges, fresh
Snack
Milk
Crackers, Goldfish

1 Breakfast
Milk
Banana, fresh
Muffin, Blueberry
Lunch
Milk
Whole Wheat Bread
Cantaloupe, fresh
Carrot, fresh
Turkey Sliced
Snack
Bean Dip
Tortilla, Whole Wheat

8 Breakfast
Milk
Apple, fresh
Muffin, Dreamy Orange
Lunch
Milk
Whole Wheat Bread
Broccoli, fresh
Cantaloupe, fresh
Turkey Sliced
Snack
Cheese Quesadilla

11 Breakfast Week 3
Milk
Cheerios Cereal
Oranges, fresh
Lunch
Milk
Cantaloupe, fresh
Green Peas
Macaroni & Cheese
Snack
Carrot, fresh
Crackers, Wheat Thins

11 Breakfast
Milk
Applesauce
Waffles, sticks
Lunch
Milk
Beef Ravioli
Spinach Salad
Whole Grain Buns
Oranges, fresh
Snack
Apple, fresh
Sun Butter

13 Breakfast
Milk
Whole Wheat Bisquit
Peaches
Lunch
Milk
Beans Refried
Cantaloupe, fresh
Tomato, diced
Tortilla, Whole Wheat
Snack
Whole Grain Buns
Turkey Sliced

14 Breakfast
Milk
Banana, fresh
Whole Wheat Bagel
Lunch
Milk
Whole Wheat Bread
Carrot, fresh
Strawberries, fresh or
Tangerine, fresh or
Turkey Sliced
Snack
Cottage Cheese
Pineapple, tidbits

15 Breakfast
Milk
Muffin, Banana
Oranges, fresh
Lunch
Milk
Apricots
Swiss American Cheese
Tortilla, Whole Wheat
Zucchini sticks
Snack
Milk
Crackers, Lemon Dinosaur

18 Breakfast Week 4
Milk
Apple, fresh
Brown Rice Krispies Cereal
Lunch
Milk
Beef, Hamburger
Corn
Oranges, fresh
Whole Wheat Bun
Snack
Crackers, Cheese-It
Peaches

19 Breakfast
Milk
Pineapple, tidbits
Whole Wheat Bagel
Lunch
Milk
Apricots
Beans Refried
Broccoli, fresh
Tortilla, Whole Wheat
Snack
Milk
Cheerios, Whole Grain Cereal

20 Breakfast
Milk
Banana, fresh
Oatmeal Cereal
Lunch
Milk
Cheese Enchilada with Sauce
Romaine Lettuce Salad
Oranges, fresh
Snack
Hummus
Vegetable Stick Melody

21 Breakfast
Milk
Apricots
French Toast Sticks
Lunch
Milk
Coleslaw Salad
Mangoes
Tortilla, Whole Wheat
Turkey & Cheese Roll Up
Snack
Banana, fresh
Yogurt, Strawberry Banana

22 Breakfast
Milk
Apple, fresh
Muffin, Blueberry
Lunch
Milk
Cantaloupe, fresh
Carrot, fresh
Crackers, Wheat Thins
Tuna Salad
Snack
Milk
Crackers, Goldfish

25 Breakfast Week 5
Milk
Pancakes
Pears
Lunch
Milk
Apricots
Chicken Patty
Coleslaw Salad
Whole Wheat Bun
Snack
Pineapple, tidbits
Yogurt, Raspberry

26 Breakfast
Milk
Apple, fresh
Cheerios, Whole Grain Cereal
Lunch
Milk
Refried Beans
Strawberries, fresh or
Tangerine, fresh or
Tomato Salsa
Tortilla, Whole Wheat
Snack
Milk
Multi Grain Flakes Cereal

27 Breakfast
Milk
Whole Wheat Bisquit
Peaches
Lunch
Milk
Cantaloupe, fresh
Whole Grain Buns
Potato Salad
Turkey Sliced
Snack
Banana, fresh
Crackers, Lemon Dinosaur

28 Breakfast
Milk
Oatmeal Cereal
Pineapple, tidbits
Raisins
Lunch
Milk
Apricots
Romaine Lettuce Salad
Spaghetti Casserole
Snack
Bean Dip
Tortilla, Whole Wheat

29 Breakfast
Milk
Muffin, Dreamy Orange
Oranges, fresh
Lunch
Milk
Banana, fresh
Whole Wheat Bread
Broccoli, fresh
Chicken Salad
Snack
Apple, fresh
Cheese Sticks