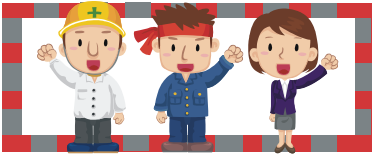




September 2010 Head Start Menu



Mon	Tue	Wed	Thu	Fri
<p>Hey Teachers! We would like to remind you that all Pre-school meals and some snacks are to be served with 2% Milk and All Toddler meals and some snacks are served with Whole Milk</p> <p>Monday of each week will indicate which menu cycle applies to that week. SETA Head Start has a 7 week menu cycle.</p>				
<p>6. [week2]</p> <p>Labor Day</p> 	<p>7. Breakfast: Rice Krispies Cereal and Fresh Apples Lunch: BBQ Beef Burger, Whole Wheat Buns, Mixed Vegetables and Fresh Tangerines or Strawberries Snack: Soft Pretzel and Grape Juice</p>	<p>8. Breakfast: Oatmeal with Raisins and Pineapple, tidbits Lunch: Enchiladas with Tomato Sauce & Cheese, Steamed Broccoli and Apples or Watermelon Snack: Animal Crackers and Diced Pears</p>	<p>9. Breakfast: Crispix Cereal and Fresh Bananas Lunch: Turkey Ham Sandwich, Sliced Cucumbers with Dip and Fresh Raw Oranges Snack: Corn Flake Cereal and Milk</p>	<p>10. Breakfast: Blueberry Muffin and Diced Apricots Lunch: Roasted Sliced Turkey, Whole Wheat Bread, Fresh Baby Carrots and Kiwi Snack: American Cheese and Goldfish Crackers</p>
<p>13. [week 3] Breakfast: French Toast and Mandarin Oranges Lunch: Macaroni & Cheese, Steamed Broccoli and Fresh Cantaloupe Snack: Animal Crackers and Milk</p>	<p>14. Breakfast: Raisin Bran Cereal and Fresh Bananas Lunch: Beef Ravioli, French Bread, Spinach Salad with Dressing and Fresh Orange Snack: Ritz Crackers and Fresh Apples</p>	<p>15. Breakfast: Biscuit and Jelly and Diced Peaches Lunch: Chicken Chow Mein, Rice and Fresh Kiwi Snack: French Toast Sticks and Peach Yogurt</p>	<p>16. Breakfast: Bagelette with Cream Cheese and Applesauce Lunch: Roasted Turkey Sandwich, Zucchini Sticks with Dip and Fresh Tangerines or Strawberries Snack: Cottage Cheese and Pineapple tidbits</p>	<p>17. Breakfast: Cheerios Cereal and Fresh Oranges Lunch: Turkey Bologna, Whole Wheat Bread, Fresh Sliced Tomato and Diced Apricots Snack: Orange Juice and Goldfish</p>
<p>20 [week 4] Breakfast: Bran Muffin and Fresh Cantaloupe Lunch: Fiesta Dinner, Tortilla and Tangerines or Strawberries Snack: Cheese- It Crackers and Apricots, halves</p>	<p>21. Breakfast: Bagel with Cream Cheese and Mixed Fruit Lunch: Teriyaki Chicken, Steamed Rice, Sunomono Salad and Fresh Kiwi Snack: Soft Pretzel and Fresh Apples</p>	<p>22. Breakfast: Granola Cereal and Fresh Bananas Lunch: Spaghetti with Meat and Tomato Sauce, Green Salad with Italian Dressing and Fresh Oranges Snack: Rice Cakes and Diced Peaches</p>	<p>23. Breakfast: French Toast and Fresh Apples Lunch: Turkey & Cheese, Roll Up in a Tortilla, Coleslaw and Mango chunks Snack: Bagelette and Grape Juice</p>	<p>24. Breakfast: Rice Krispies Cereal and Diced Apricots Lunch: Tuna Salad, Crackers, Fresh Baby Carrots and Cantaloupe Snack: Cinnamon Raisin Bread and Milk</p>
<p>27. [week 5] Breakfast: French Toast and Mango chunks Lunch: Chili Can Carne with Beans, Saltine Crackers and Diced Apricots Snack: Animal Crackers and Milk</p>	<p>28. Breakfast: Pancakes with Maple Syrup and Kiwi Lunch: Chicken Pasta Primavera, California Blend Vegetables and Tangerines or Strawberries Snack: Kix Cereal and Milk</p>	<p>29. Breakfast: Biscuit with Jelly and Diced Peaches Lunch: Cheesy Potato Bake with Chicken, Dinner Roll and Cantaloupe Snack: Granola Cereal and Fruit Mix</p>	<p>30. Breakfast: Oatmeal with Raisins and Pineapple Lunch: Beef Macaroni and Tomato Sauce, Green Salad with Dressing and Fresh Oranges Snack: Bean Dip and Flour Tortilla</p>	