

# SETA HEAD START MENU

## December 2024

"This institution is an equal opportunity provider"

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

### Monday

**2 Breakfast Week 2**  
 Milk, Low Fat 1%  
 Applesauce  
 Kix  
Lunch  
 Milk, Low Fat 1%  
 Apricots  
 BBQ Beef Burger  
 Mixed Vegetables  
 Whole Wheat Bun  
Snack  
 Cheese Sticks  
 Oranges, fresh

### Tuesday

**3 Breakfast Week 2**  
 Milk, Low Fat 1%  
 French Toast Sticks  
 Pears  
Lunch  
 Milk, Low Fat 1%  
 Apple, fresh  
 Carrot, fresh  
 Chicken Drumsticks  
 Whole Grain Buns  
 Watermelon, fresh or  
Snack  
 Milk, Low Fat 1%  
 Rice Chex Cereal

### Wednesday

**4 Breakfast Week 2**  
 Milk, Low Fat 1%  
 Oatmeal Cereal  
 Pineapple, tidbits  
 Raisins  
Lunch  
 Milk, Low Fat 1%  
 Chicken Teriyaki  
 Rice, Brown  
 Strawberries, fresh or  
 Sunomono Salad  
 Tangerine, fresh or  
Snack  
 Muffin, Blueberry  
 Peaches

### Thursday

**5 Breakfast Week 2**  
 Milk, Low Fat 1%  
 Banana, fresh  
 Crispix Cereal  
Lunch  
 Milk, Low Fat 1%  
 BBQ Beef Brisket  
 Oranges, fresh  
 Tomato, fresh  
 Whole Grain Mini Hoagie Roll  
Snack  
 Milk, Low Fat 1%  
 Crackers, Dick & Jane

### Friday

**6 Breakfast Week 2**  
 Milk, Low Fat 1%  
 Apple, fresh  
 Muffin, Banana  
Lunch  
 Milk, Low Fat 1%  
 Roast Beef Sliced  
 Whole Wheat Bread  
 Broccoli, fresh  
 Cantaloupe, fresh  
Snack  
 Applesauce  
 Crackers, Goldfish

### 9 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, Ritz Whole Wheat  
 Pears

### 10 Breakfast Week 3

Milk, Low Fat 1%  
 Applesauce  
 Waffles, sticks  
Lunch  
 Milk, Low Fat 1%  
 Beef Ravioli  
 Spinach Salad  
 Oranges, fresh  
 Wheat Breadsticks  
Snack  
 Apple, fresh  
 Sun Butter

### 11 Breakfast Week 3

Milk, Low Fat 1%  
 Whole Wheat Biscuit  
 Peaches  
Lunch  
 Milk, Low Fat 1%  
 Cantaloupe, fresh  
 Fiesta Beans  
 Muffin, Corn Bread  
Snack  
 Milk, Low Fat 1%  
 Strawberry Chex

### 12 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

### 13 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%  
 Raisin Bran Cereal

### 16 Breakfast Week 4

Milk, Low Fat 1%  
 Apple, fresh  
 Rice Chex Cereal  
Lunch  
 Milk, Low Fat 1%  
 Beef, Hamburger  
 Corn  
 Oranges, fresh  
 Whole Wheat Bun  
Snack  
 Crackers, Dick & Jane  
 Peaches

### 17 Breakfast Week 4

Milk, Low Fat 1%  
 Pineapple, tidbits  
 Whole Wheat Bagel  
Lunch  
 Milk, Low Fat 1%  
 Apricots  
 Coleslaw Salad  
 Tortilla, Whole Wheat  
 Turkey & Cheese Roll Up  
Snack  
 Milk, Low Fat 1%  
 Cinnamon Chex Cereal

### 18 Breakfast Week 4

Milk, Low Fat 1%  
 Oatmeal Cereal  
 Pears  
Lunch  
 Milk, Low Fat 1%  
 Cheese Enchilada with Sauce  
 Romaine Lettuce Salad  
 Oranges, fresh  
Snack  
 Carrot, fresh  
 Crackers, Wheat Thins  
 Hummus

### 19 Breakfast Week 4

Milk, Low Fat 1%  
 Apricots  
 French Toast Sticks  
Lunch  
 Milk, Low Fat 1%  
 Beans Refried  
 Cheddar Cheese  
 Mangoes  
 Tomato Salsa  
 Tomato, diced  
 Tortilla, Whole Wheat  
Snack  
 Craisins - Dried Cranberries  
 Cheese Sticks

### 20 Breakfast Week 4

Milk, Low Fat 1%  
 Apple, fresh  
 Muffin, Blueberry  
Lunch  
 Milk, Low Fat 1%  
 Cantaloupe, fresh  
 Carrot, fresh  
 Crackers, Ritz Whole Wheat  
 Tuna Salad  
Snack  
 Milk, Low Fat 1%  
 Crackers, Sunrise Bites

### 23 Breakfast Week 5

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

### 24 Breakfast Week 5

NO CLASSES  
 NO CLASSES  
 NO CLASSES  
Lunch  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
Snack  
 NO CLASSES  
 NO CLASSES

### 25 Breakfast Week 5

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 5

NO CLASSES  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
Lunch  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
Snack  
 NO CLASSES  
 NO CLASSES

### 27 Breakfast Week 5

NO CLASSES  
 NO CLASSES  
 NO CLASSES  
Lunch  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
 NO CLASSES  
Snack  
 NO CLASSES  
 NO CLASSES