SETA HEAD	START MENU	January 2023	"This institution is an	equal opportunity provider"	
			"Bread products are whole	"Bread products are whole grain and sliced meats are processed."	
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Breakfast Week 2	3 Breakfast Week 2	4 <u>Breakfast Week 2</u> Milk, Low Fat 1%	5 Breakfast Week 2	6 Breakfast Week 2	
NO CLASSES NO CLASSES	Milk, Low Fat 1% French Toast Sticks	Oatmeal Cereal	Milk, Low Fat 1% Banana, fresh	Milk, Low Fat 1% Apple, fresh	
NO CLASSES NO CLASSES	Pears	Pineapple, tidbits	Crispix Cereal	Muffin, Banana	
Lunch	Lunch	Raisins	Lunch	Lunch	
NO CLASSES	Milk, Low Fat 1%	Lunch	Milk, Low Fat 1%	Milk, Low Fat 1%	
NO CLASSES	Apple, fresh	Milk, Low Fat 1%	BBQ Beef Brisket	Whole Wheat Bread	
NO CLASSES	Carrot, fresh	Chicken Teriyaki	Oranges, fresh	Broccoli, fresh	
NO CLASSES	Chicken Drumsticks	Rice, Brown	Tomato, fresh	Cantaloupe, fresh	
NO CLASSES	Whole Grain Buns	Strawberries, fresh or	Whole Grain Mini Hoagie Roll	Turkey Sliced	
<u>Snack</u>	Watermelon, fresh or	Sunomono Salad	<u>Snack</u>	Snack	
NO CLASSES	Snack	Tangerine, fresh or	Milk, Low Fat 1%	Applesauce	
NO CLASSES	Milk, Low Fat 1%	Snack	Crackers, Dick & Jane	Crackers,Remy's Graham	
	Rice Chex Cereal	Muffin, Blueberry			
		Peaches			
9 Breakfast Week 3	10 Breakfast Week 3	11 Breakfast Week 3	12 Breakfast Week 3	13 Breakfast Week 3	
Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	
Cheerios Cereal	Applesauce	Whole Wheat Biscuit	Banana, fresh	Muffin, Banana	
Oranges, fresh	Waffles, sticks	Peaches	Whole Wheat Bagel	Oranges, fresh	
Lunch	Lunch	Lunch		Lunch	
Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	
Apple, fresh	Chicken Drumsticks	Cantaloupe, fresh	Carrot, fresh	Apricots	
Green Peas	Spinach Salad	Fiesta Rice & Beans	Chicken Salad	Swiss American Cheese	
Macaroni & Cheese Watermelon, fresh or	Oranges, fresh Wheat Breadsticks	Tomato, diced	Strawberries, fresh or	Tortilla, Whole Wheat Zucchini sticks	
		<u>Snack</u>	Tangerine, fresh or		
<u>Snack</u> Creakers Bitz Whale Wheet	Snack	Milk, Low Fat 1%	Wheat Ciabatta Bread Snack	Snack	
Crackers, Ritz Whole Wheat Pears	Apple, fresh Sun Butter	Strawberry Chex	Crackers,Dick & Jane	Milk, Low Fat 1% Raisin Bran Cereal	
reals	Suil Bullei		Pineapple, tidbits	Raisiii Diali Celeai	
16 Breakfast Week 4	17 Breakfast Week 4	18 Breakfast Week 4	19 Breakfast Week 4	20 Breakfast Week 4	
NO CLASSES	Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	
NO CLASSES NO CLASSES	Pineapple, tidbits	Oatmeal Cereal	Apricots	Apple, fresh	
NO CLASSES NO CLASSES	Whole Wheat Bagel	Pears	French Toast Sticks	Muffin, Blueberry	
Lunch	Lunch	Lunch	Lunch	Lunch	
NO CLASSES	Milk, Low Fat 1%	Milk. Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	
NO CLASSES	Apricots	Cheese Enchilada with Sauce	Beans Refried	Cantaloupe, fresh	
NO CLASSES	Coleslaw Salad	Romaine Lettuce Salad	Cheddar Cheese	Carrot, fresh	
NO CLASSES	Tortilla, Whole Wheat	Oranges, fresh	Mangoes	Crackers, Ritz Whole Wheat	
NO CLASSES	Turkey & Cheese Roll Up	Snack	Tomato, diced	Tuna Salad	
<u>Snack</u>	Snack	Carrot, fresh	Tortilla, Whole Wheat	<u>Snack</u>	
NO CLASSES	Milk, Low Fat 1%	Crackers, Wheat Thins	<u>Snack</u>	Milk, Low Fat 1%	
NO CLASSES	Cinnamon Chex Cereal	Hummus	Craisins - Dried Cranberries	Crackers, Remy's Graham	
			Cheese Sticks		
23 Breakfast Week 5	24 Breakfast Week 5	25 Breakfast Week 5	26 Breakfast Week 5	27 Breakfast Week 5	
Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	
Pancakes	Apple, fresh	Whole Wheat Biscuit	Oatmeal Cereal	Muffin, Banana	
Pears	Cinnamon Chex Cereal	Peaches	Pineapple, tidbits	Oranges, fresh	
Lunch	Lunch	Lunch	Raisins	Lunch	
Milk, Low Fat 1%	Milk, Low Fat 1%	Milk, Low Fat 1%	Lunch	Milk, Low Fat 1%	
Apricots				Banana, fresh	
	Whole Wheat Bread	Beef, Salisbury Steak & Gravy	Milk, Low Fat 1%		
Chicken Patty	Carrot, fresh	Mashed Potatoes	Apricots	Broccoli, fresh	
Coleslaw Salad	Carrot, fresh Mangoes	Mashed Potatoes Whole Grain Buns	Apricots Romaine Lettuce Salad	Broccoli, fresh Chicken Salad	
Coleslaw Salad Whole Wheat Bun	Carrot, fresh Mangoes Turkey Sliced	Mashed Potatoes Whole Grain Buns Strawberries, fresh or	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey)	Broccoli, fresh Chicken Salad Crackers, Wheat Thins	
Coleslaw Salad Whole Wheat Bun <u>Snack</u>	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u>	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u>	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u>	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1%	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u>	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u>	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u>	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u>	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u>	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u>	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% <u>Kix</u> 31 <u>Breakfast_Week 1</u>	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u> Milk, Low Fat 1%	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% <u>Kix</u> 31 <u>Breakfast Week 1</u> Milk, Low Fat 1%	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u>	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix 31 <u>Breakfast Week 1</u> Milk, Low Fat 1% Apricots	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u> Milk, Low Fat 1% Pancakes	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% <u>Kix</u> 31 <u>Breakfast Week 1</u> Milk, Low Fat 1%	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u> Milk, Low Fat 1% Pancakes Pears <u>Lunch</u>	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix 31 <u>Breakfast Week 1</u> Milk, Low Fat 1% Apricots Raisin Bran Cereal	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u> Milk, Low Fat 1% Pancakes Pears	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix 31 <u>Breakfast Week 1</u> Milk, Low Fat 1% Apricots Raisin Bran Cereal <u>Lunch</u>	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u> Milk, Low Fat 1% Pancakes Pears <u>Lunch</u> Milk, Low Fat 1%	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix 31 <u>Breakfast Week 1</u> Milk, Low Fat 1% Apricots Raisin Bran Cereal <u>Lunch</u> Milk, Low Fat 1%	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u> Milk, Low Fat 1% Pears <u>Lunch</u> Milk, Low Fat 1% Carrot, fresh	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix 31 <u>Breakfast</u> <u>Week 1</u> Milk, Low Fat 1% Apricots Raisin Bran Cereal <u>Lunch</u> Milk, Low Fat 1% American Cheese	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits 30 <u>Breakfast Week 1</u> Milk, Low Fat 1% Pancakes Pears <u>Lunch</u> Milk, Low Fat 1% Carrot, fresh Lemon Pepper Chicken	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix 31 <u>Breakfast Week 1</u> Milk, Low Fat 1% Apricots Raisin Bran Cereal <u>Lunch</u> Milk, Low Fat 1% American Cheese Apple, fresh	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
Coleslaw Salad Whole Wheat Bun <u>Snack</u> Cheese Sticks Pineapple, tidbits	Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix 31 <u>Breakfast Week 1</u> Milk, Low Fat 1% Apricots Raisin Bran Cereal <u>Lunch</u> Milk, Low Fat 1% American Cheese Apple, fresh Whole Wheat Bread	Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers,Dick & Jane	Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1%	Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1%	
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