

# SETA HEAD START MENU January 2024

"This institution is an equal opportunity provider"

"Grains/Bread products are whole grain, sliced meats are processed, under 2yrs receive whole milk and 2 and over receive 1% reduced fat milk"

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Breakfast Week 4	2	Breakfast Week 4	3	Breakfast Week 4	4	Breakfast Week 4	5	Breakfast Week 4
NO CLASSES		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%	
NO CLASSES		Pineapple, tidbits		Oatmeal Cereal		Apricots		Apple, fresh	
NO CLASSES		Whole Wheat Bagel		Pears		French Toast Sticks		Muffin, Blueberry	
<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>	
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		<u>Snack</u>		Tomato, diced		Tuna Salad	
<u>Snack</u>		<u>Snack</u>		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			
8	Breakfast Week 5	9	Breakfast Week 5	10	Breakfast Week 5	11	Breakfast Week 5	12	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	
<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>	
Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%	
Apricots		Whole Wheat Bread		Beef, Salisbury Steak & Gravy		Mashed Potatoes		Banana, fresh	
Chicken Patty		Carrot, fresh		Whole Grain Buns		Romaine Lettuce Salad		Broccoli, fresh	
Coleslaw Salad		Mangoes		Strawberries, fresh or		Spaghetti Casserole (turkey)		Chicken Salad	
Whole Wheat Bun		Turkey Sliced		Tangerine, fresh or		<u>Snack</u>		Crackers, Wheat Thins	
<u>Snack</u>		<u>Snack</u>		<u>Snack</u>		Milk, Low Fat 1%		<u>Snack</u>	
Cheese Sticks		Milk, Low Fat 1%		Crackers,Dick & Jane		Strawberry Chex		Milk, Low Fat 1%	
Pineapple, tidbits		Kix		Juice 100%				Rice Chex Cereal	
15	Breakfast Week 1	16	Breakfast Week 1	17	Breakfast Week 1	18	Breakfast Week 1	19	Breakfast Week 1
NO CLASSES		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%	
NO CLASSES		Apricots		Whole Wheat Biscuit		Pineapple, tidbits		Banana, fresh	
NO CLASSES		Raisin Bran Cereal		Peaches		Whole Wheat Bagel		Muffin, Blueberry	
<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>	
NO CLASSES		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%	
NO CLASSES		American Cheese		Burrito		Oranges, Mandarin		Whole Wheat Bread	
NO CLASSES		Apple, fresh		Cheddar Cheese		Spanish Rice & Chicken		Cantaloupe, fresh	
NO CLASSES		Whole Wheat Bread		Romaine Lettuce		Zucchini sticks		Cauliflower, fresh	
NO CLASSES		Celery Sticks		Refried Beans		<u>Snack</u>		Tuna Salad	
<u>Snack</u>		Watermelon, fresh or		Strawberries, fresh or		Apple, fresh		<u>Snack</u>	
NO CLASSES		<u>Snack</u>		Tangerine, fresh or		Sun Butter		Milk, Low Fat 1%	
NO CLASSES		Milk, Low Fat 1%		Tomato, diced				Cinnamon Chex Cereal	
NO CLASSES		Strawberry Chex		Tortilla, Whole Wheat					
				<u>Snack</u>					
				Craisins - Dried Cranberries					
				Cheese Sticks					
22	Breakfast Week 2	23	Breakfast Week 2	24	Breakfast Week 2	25	Breakfast Week 2	26	Breakfast Week 2
Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%	
Applesauce		French Toast Sticks		Oatmeal Cereal		Banana, fresh		Apple, fresh	
Kix		Pears		Pineapple, tidbits		Crispix Cereal		Muffin, Banana	
<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>	
Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%	
Apricots		Apple, fresh		Chicken Teriyaki		BBQ Beef Brisket		Whole Wheat Bread	
BBQ Beef Burger		Carrot, fresh		Rice, Brown		Oranges, fresh		Broccoli, fresh	
Mixed Vegetables		Chicken Drumsticks		Strawberries, fresh or		Tomato, fresh		Cantaloupe, fresh	
Whole Wheat Bun		Whole Grain Buns		Sunomono Salad		Whole Grain Mini Hoagie Roll		Turkey Sliced	
<u>Snack</u>		Watermelon, fresh or		Tangerine, fresh or		<u>Snack</u>		<u>Snack</u>	
Cheese Sticks		<u>Snack</u>		<u>Snack</u>		Milk, Low Fat 1%		Applesauce	
Oranges, fresh		Milk, Low Fat 1%		Muffin, Blueberry		Crackers,Dick & Jane		Crackers,Remy's Graham	
		Rice Chex Cereal		Peaches					
29	Breakfast Week 3	30	Breakfast Week 3	31	Breakfast Week 3				
Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%					
Cheerios Cereal		Applesauce		Whole Wheat Biscuit					
Oranges, fresh		Waffles, sticks		Peaches					
<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>					
Milk, Low Fat 1%		Milk, Low Fat 1%		Milk, Low Fat 1%					
Apple, fresh		Beef Ravioli		Cantaloupe, fresh					
Green Peas		Spinach Salad		Fiesta Beans					
Macaroni & Cheese		Oranges, fresh		Muffin, Corn Bread					
Watermelon, fresh or		Wheat Breadsticks		<u>Snack</u>					
<u>Snack</u>		<u>Snack</u>		Milk, Low Fat 1%					
Crackers, Ritz Whole Wheat		Apple, fresh		Strawberry Chex					
Pears		Sun Butter							