

SETA HEAD START MENU

January 2025

"This institution is an equal opportunity provider"

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

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1 Breakfast Week 1</p> <p>NO CLASSES NO CLASSES NO CLASSES</p> <p><u>Lunch</u></p> <p>NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES</p> <p><u>Snack</u></p> <p>NO CLASSES NO CLASSES</p>	<p>2 Breakfast Week 1</p> <p>Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Oranges, Mandarin Spanish Rice & Chicken Zucchini sticks</p> <p><u>Snack</u></p> <p>Apple, fresh Sun Butter</p>	<p>3 Breakfast Week 1</p> <p>Milk, Low Fat 1% Banana, fresh Muffin, Blueberry</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Whole Wheat Bread Cantaloupe, fresh Cauliflower, fresh Tuna Salad</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Cinnamon Chex Cereal</p>
<p>6 Breakfast Week 2</p> <p>Milk, Low Fat 1% Applesauce Kix</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Apricots BBQ Beef Burger Mixed Vegetables Whole Wheat Bun</p> <p><u>Snack</u></p> <p>Cheese Sticks Oranges, fresh</p>	<p>7 Breakfast Week 2</p> <p>Milk, Low Fat 1% French Toast Sticks Pears</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Apple, fresh Carrot, fresh Chicken Drumsticks Whole Grain Buns Watermelon, fresh or</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Rice Chex Cereal</p>	<p>8 Breakfast Week 2</p> <p>Milk, Low Fat 1% Oatmeal Cereal Pineapple, tidbits Raisins</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Chicken Teriyaki Rice, Brown Strawberries, fresh or Sunomono Salad Tangerine, fresh or</p> <p><u>Snack</u></p> <p>Muffin, Blueberry Peaches</p>	<p>9 Breakfast Week 2</p> <p>Milk, Low Fat 1% Banana, fresh Crispix Cereal</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% BBQ Beef Brisket Oranges, fresh Tomato, fresh Whole Grain Mini Hoagie Roll</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Crackers, Dick & Jane</p>	<p>10 Breakfast Week 2</p> <p>Milk, Low Fat 1% Apple, fresh Muffin, Banana</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Roast Beef Sliced Whole Wheat Bread Broccoli, fresh Cantaloupe, fresh</p> <p><u>Snack</u></p> <p>Applesauce Crackers, Goldfish</p>
<p>13 Breakfast Week 3</p> <p>Milk, Low Fat 1% Cheerios Cereal Oranges, fresh</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Apple, fresh Green Peas Macaroni & Cheese Watermelon, fresh or</p> <p><u>Snack</u></p> <p>Crackers, Ritz Whole Wheat Pears</p>	<p>14 Breakfast Week 3</p> <p>Milk, Low Fat 1% Applesauce Waffles, sticks</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Beef Ravioli Spinach Salad Oranges, fresh Wheat Breadsticks</p> <p><u>Snack</u></p> <p>Apple, fresh Sun Butter</p>	<p>15 Breakfast Week 3</p> <p>Milk, Low Fat 1% Whole Wheat Biscuit Peaches</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Cantaloupe, fresh Fiesta Beans Muffin, Corn Bread</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Strawberry Chex</p>	<p>16 Breakfast Week 3</p> <p>Milk, Low Fat 1% Banana, fresh Whole Wheat Bagel</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Carrot, fresh Chicken Salad Strawberries, fresh or Tangerine, fresh or Wheat Ciabatta Bread</p> <p><u>Snack</u></p> <p>Crackers, Dick & Jane Pineapple, tidbits</p>	<p>17 Breakfast Week 3</p> <p>Milk, Low Fat 1% Muffin, Banana Oranges, fresh</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Apricots Swiss American Cheese Tortilla, Whole Wheat Zucchini sticks</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Raisin Bran Cereal</p>
<p>20 Breakfast Week 4</p> <p>NO CLASSES NO CLASSES NO CLASSES</p> <p><u>Lunch</u></p> <p>NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES</p> <p><u>Snack</u></p> <p>NO CLASSES NO CLASSES</p>	<p>21 Breakfast Week 4</p> <p>Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Apricots Coleslaw Salad Tortilla, Whole Wheat Turkey & Cheese Roll Up</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Cinnamon Chex Cereal</p>	<p>22 Breakfast Week 4</p> <p>Milk, Low Fat 1% Oatmeal Cereal Pears</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Cheese Enchilada with Sauce Romaine Lettuce Salad Oranges, fresh</p> <p><u>Snack</u></p> <p>Carrot, fresh Crackers, Wheat Thins Hummus</p>	<p>23 Breakfast Week 4</p> <p>Milk, Low Fat 1% Apricots French Toast Sticks</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Beans Refried Cheddar Cheese Mangoes Tomato Salsa Tomato, diced Tortilla, Whole Wheat</p> <p><u>Snack</u></p> <p>Craisins - Dried Cranberries Cheese Sticks</p>	<p>24 Breakfast Week 4</p> <p>Milk, Low Fat 1% Apple, fresh Muffin, Blueberry</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Cantaloupe, fresh Carrot, fresh Crackers, Ritz Whole Wheat Tuna Salad</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Crackers, Animal Crackers</p>
<p>27 Breakfast Week 5</p> <p>Milk, Low Fat 1% Pancakes Pears</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Apricots Chicken Patty Coleslaw Salad Whole Wheat Bun</p> <p><u>Snack</u></p> <p>Crackers, Goldfish Pineapple, tidbits</p>	<p>28 Breakfast Week 5</p> <p>Milk, Low Fat 1% Apple, fresh Cheerios Cereal</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Whole Wheat Bread Carrot, fresh Mangoes Turkey Sliced</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Kix</p>	<p>29 Breakfast Week 5</p> <p>Milk, Low Fat 1% Whole Wheat Biscuit Peaches</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Beef, Salisbury Steak & Gravy Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or</p> <p><u>Snack</u></p> <p>Crackers, Dick & Jane Juice 100%</p>	<p>30 Breakfast Week 5</p> <p>Milk, Low Fat 1% Oatmeal Cereal Pineapple, tidbits Raisins</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey)</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Strawberry Chex</p>	<p>31 Breakfast Week 5</p> <p>Milk, Low Fat 1% Muffin, Banana Oranges, fresh</p> <p><u>Lunch</u></p> <p>Milk, Low Fat 1% Banana, fresh Broccoli, fresh Chicken Salad Crackers, Wheat Thins</p> <p><u>Snack</u></p> <p>Milk, Low Fat 1% Rice Chex Cereal</p>