

# SETA HEAD START MENU

## July 2019

"This institution is an equal opportunity provider"

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

### Monday

<b>1</b>	<b>Breakfast Week 2</b>
	Milk, Low Fat 1%
	Applesauce
	Multi Grain Flakes Cereal
	<b>Lunch</b>
	Milk, Low Fat 1%
	Apricots
	BBQ Beef Burger
	Mixed Vegetables
	Whole Wheat Bun
	<b>Snack</b>
	Cheese Sticks
	Oranges, fresh

### Tuesday

<b>2</b>	<b>Breakfast Week 2</b>
	Milk, Low Fat 1%
	French Toast Sticks
	Pears
	<b>Lunch</b>
	Milk, Low Fat 1%
	Apple, fresh
	Chicken Drumsticks
	Tomato, fresh
	Watermelon, fresh or
	Wheat Breadsticks
	<b>Snack</b>
	Milk, Low Fat 1%
	Brown Rice Krispies Cereal

### Wednesday

<b>3</b>	<b>Breakfast Week 2</b>
	Milk, Low Fat 1%
	Oatmeal Cereal
	Pineapple, tidbits
	Raisins
	<b>Lunch</b>
	Milk, Low Fat 1%
	Beans Refried
	Coleslaw Salad
	Strawberries, fresh or
	Tangerine, fresh or
	Tortilla, Whole Wheat
	<b>Snack</b>
	Muffin, Blueberry
	Peaches

### Thursday

<b>4</b>	<b>Breakfast Week 2</b>
	NO CLASSES
	NO CLASSES
	NO CLASSES
	<b>Lunch</b>
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	<b>Snack</b>
	NO CLASSES
	NO CLASSES

### Friday

<b>5</b>	<b>Breakfast Week 2</b>
	NO CLASSES
	NO CLASSES
	NO CLASSES
	<b>Lunch</b>
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	<b>Snack</b>
	NO CLASSES
	NO CLASSES

<b>8</b>	<b>Breakfast Week 3</b>
	Milk, Low Fat 1%
	Cheerios Cereal
	Oranges, fresh
	<b>Lunch</b>
	Milk, Low Fat 1%
	Apple, fresh
	Green Peas
	Macaroni & Cheese
	Watermelon, fresh or
	<b>Snack</b>
	Crackers, Ritz Whole Wheat
	Pears

<b>9</b>	<b>Breakfast Week 3</b>
	Milk, Low Fat 1%
	Applesauce
	Waffles, sticks
	<b>Lunch</b>
	Milk, Low Fat 1%
	Chicken Drumsticks
	Spinach Salad
	Oranges, fresh
	Wheat Breadsticks
	<b>Snack</b>
	Apple, fresh
	Sun Butter

<b>10</b>	<b>Breakfast Week 3</b>
	Milk, Low Fat 1%
	Whole Wheat Biscuit
	Peaches
	<b>Lunch</b>
	Milk, Low Fat 1%
	Cantaloupe, fresh
	Fiesta Rice & Beans
	Tomato, diced
	<b>Snack</b>
	Milk, Low Fat 1%
	Strawberry Chex

<b>11</b>	<b>Breakfast Week 3</b>
	Milk, Low Fat 1%
	Banana, fresh
	Whole Wheat Bagel
	<b>Lunch</b>
	Milk, Low Fat 1%
	Carrot, fresh
	Chicken Salad
	Strawberries, fresh or
	Tangerine, fresh or
	Wheat Ciabatta Bread
	<b>Snack</b>
	Crackers, Dick & Jane
	Pineapple, tidbits

<b>12</b>	<b>Breakfast Week 3</b>
	Milk, Low Fat 1%
	Muffin, Banana
	Oranges, fresh
	<b>Lunch</b>
	Milk, Low Fat 1%
	Apricots
	Swiss American Cheese
	Tortilla, Whole Wheat
	Zucchini sticks
	<b>Snack</b>
	Milk, Low Fat 1%
	Cheerios, Whole Grain Cereal

<b>15</b>	<b>Breakfast Week 4</b>
	Milk, Low Fat 1%
	Apple, fresh
	Brown Rice Krispies Cereal
	<b>Lunch</b>
	Milk, Low Fat 1%
	Beef, Hamburger
	Corn
	Oranges, fresh
	Whole Wheat Bun
	<b>Snack</b>
	Crackers, Dick & Jane
	Peaches

<b>16</b>	<b>Breakfast Week 4</b>
	Milk, Low Fat 1%
	Pineapple, tidbits
	Whole Wheat Bagel
	<b>Lunch</b>
	Milk, Low Fat 1%
	Apricots
	Beans Refried
	Cheddar Cheese
	Tomato, diced
	Tortilla, Whole Wheat
	<b>Snack</b>
	Milk, Low Fat 1%
	Cheerios, Whole Grain Cereal

<b>17</b>	<b>Breakfast Week 4</b>
	Milk, Low Fat 1%
	Banana, fresh
	Oatmeal Cereal
	<b>Lunch</b>
	Milk, Low Fat 1%
	Cheese Enchilada with Sauce
	Romaine Lettuce Salad
	Oranges, fresh
	<b>Snack</b>
	Carrot, fresh
	Crackers, Wheat Thins
	Hummus

<b>18</b>	<b>Breakfast Week 4</b>
	Milk, Low Fat 1%
	Apricots
	French Toast Sticks
	<b>Lunch</b>
	Milk, Low Fat 1%
	Coleslaw Salad
	Mangoes
	Tortilla, Whole Wheat
	Turkey & Cheese Roll Up
	<b>Snack</b>
	Craisins - Dried Cranberries
	Cheese Sticks

<b>19</b>	<b>Breakfast Week 4</b>
	Milk, Low Fat 1%
	Apple, fresh
	Muffin, Blueberry
	<b>Lunch</b>
	Milk, Low Fat 1%
	Cantaloupe, fresh
	Carrot, fresh
	Crackers, Ritz Whole Wheat
	Tuna Salad
	<b>Snack</b>
	Milk, Low Fat 1%
	Crackers, Remy's Graham

<b>22</b>	<b>Breakfast Week 5</b>
	Milk, Low Fat 1%
	Pancakes
	Pears
	<b>Lunch</b>
	Milk, Low Fat 1%
	Apricots
	Chicken Patty
	Coleslaw Salad
	Whole Wheat Bun
	<b>Snack</b>
	Cheese Sticks
	Pineapple, tidbits

<b>23</b>	<b>Breakfast Week 5</b>
	Milk, Low Fat 1%
	Apple, fresh
	Cheerios, Whole Grain Cereal
	<b>Lunch</b>
	Milk, Low Fat 1%
	Refried Beans
	Strawberries, fresh or
	Tangerine, fresh or
	Tomato Salsa
	Tortilla, Whole Wheat
	<b>Snack</b>
	Milk, Low Fat 1%
	Multi Grain Flakes Cereal

<b>24</b>	<b>Breakfast Week 5</b>
	Milk, Low Fat 1%
	Whole Wheat Biscuit
	Peaches
	<b>Lunch</b>
	Milk, Low Fat 1%
	Whole Wheat Bread
	Cantaloupe, fresh
	Carrot, fresh
	Turkey Sliced
	<b>Snack</b>
	Crackers, Dick & Jane
	Juice 100%

<b>25</b>	<b>Breakfast Week 5</b>
	Milk, Low Fat 1%
	Oatmeal Cereal
	Pineapple, tidbits
	Raisins
	<b>Lunch</b>
	Milk, Low Fat 1%
	Apricots
	Romaine Lettuce Salad
	Spaghetti Casserole
	<b>Snack</b>
	Milk, Low Fat 1%
	Strawberry Chex

<b>26</b>	<b>Breakfast Week 5</b>
	Milk, Low Fat 1%
	Muffin, Banana
	Oranges, fresh
	<b>Lunch</b>
	Milk, Low Fat 1%
	Banana, fresh
	Broccoli, fresh
	Chicken Salad
	Crackers, Wheat Thins
	<b>Snack</b>
	Milk, Low Fat 1%
	Brown Rice Krispies Cereal

<b>29</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Pancakes
	Pears
	<b>Lunch</b>
	Milk, Low Fat 1%
	Carrot, fresh
	Lemon Pepper Chicken
	Oranges, fresh
	Tortilla, Whole Wheat
	<b>Snack</b>
	Applesauce
	Crackers, Remy's Graham

<b>30</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Apricots
	Cheerios, Whole Grain Cereal
	<b>Lunch</b>
	Milk, Low Fat 1%
	American Cheese
	Apple, fresh
	Whole Wheat Bread
	Broccoli, fresh
	Watermelon, fresh or
	<b>Snack</b>
	Milk, Low Fat 1%
	Strawberry Chex

<b>31</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Whole Wheat Biscuit
	Peaches
	<b>Lunch</b>
	Milk, Low Fat 1%
	Burrito
	Cheddar Cheese
	Romaine Lettuce
	Refried Beans
	Strawberries, fresh or
	Tangerine, fresh or
	Tomato, diced
	Tortilla, Whole Wheat
	<b>Snack</b>
	Craisins - Dried Cranberries
	Cheese Sticks