

# SETA HEAD START MENU

## July 2021

"This institution is an equal opportunity provider"

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**5** Breakfast Week 4  
NO CLASSES  
NO CLASSES  
NO CLASSES  
Lunch  
NO CLASSES  
NO CLASSES  
NO CLASSES  
NO CLASSES  
NO CLASSES  
Snack  
NO CLASSES  
NO CLASSES

**6** 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%  
Cheerios, Whole Grain Cereal

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

**1** 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

**2** 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%  
Cheerios, Whole Grain Cereal

**12** Breakfast Week 5  
Milk, Low Fat 1%  
Pancakes  
Pears  
Lunch  
Milk, Low Fat 1%  
Apricots  
Chicken Patty  
Coleslaw Salad  
Whole Wheat Bun  
Snack  
Cheese Sticks  
Pineapple, tidbits

**13** Breakfast Week 5  
Milk, Low Fat 1%  
Apple, fresh  
Cheerios, Whole Grain Cereal  
Lunch  
Milk, Low Fat 1%  
Whole Wheat Bread  
Cantaloupe, fresh  
Carrot, fresh  
Turkey Sliced  
Snack  
Milk, Low Fat 1%  
Multi Grain Flakes Cereal

**14** Breakfast Week 5  
Milk, Low Fat 1%  
Whole Wheat Biscuit  
Peaches  
Lunch  
Milk, Low Fat 1%  
Beef, Salisbury Steak & Gravy  
Mashed Potatoes  
Whole Grain Buns  
Strawberries, fresh or  
Tangerine, fresh or  
Snack  
Crackers, Dick & Jane  
Juice 100%

**15** Breakfast Week 5  
Milk, Low Fat 1%  
Oatmeal Cereal  
Pineapple, tidbits  
Raisins  
Lunch  
Milk, Low Fat 1%  
Apricots  
Romaine Lettuce Salad  
Spaghetti Casserole (turkey)  
Snack  
Milk, Low Fat 1%  
Strawberry Chex

**16** Breakfast Week 5  
Milk, Low Fat 1%  
Muffin, Banana  
Oranges, fresh  
Lunch  
Milk, Low Fat 1%  
Banana, fresh  
Broccoli, fresh  
Chicken Salad  
Crackers, Wheat Thins  
Snack  
Milk, Low Fat 1%  
Brown Rice Krispies Cereal

**19** Breakfast Week 1  
Milk, Low Fat 1%  
Pancakes  
Pears  
Lunch  
Milk, Low Fat 1%  
Carrot, fresh  
Lemon Pepper Chicken  
Oranges, fresh  
Tortilla, Whole Wheat  
Snack  
Applesauce  
Crackers, Remy's Graham

**20** Breakfast Week 1  
Milk, Low Fat 1%  
Apricots  
Cheerios, Whole Grain Cereal  
Lunch  
Milk, Low Fat 1%  
American Cheese  
Apple, fresh  
Whole Wheat Bread  
Broccoli, fresh  
Watermelon, fresh or  
Snack  
Milk, Low Fat 1%  
Strawberry Chex

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

**22** Breakfast Week 1  
Milk, Low Fat 1%  
Pineapple, tidbits  
Whole Wheat Bagel  
Lunch  
Milk, Low Fat 1%  
Oranges, Mandarin  
Spanish Rice & Chicken  
Zucchini sticks  
Snack  
Apple, fresh  
Sun Butter

**23** Breakfast Week 1  
Milk, Low Fat 1%  
Banana, fresh  
Muffin, Blueberry  
Lunch  
Milk, Low Fat 1%  
Whole Wheat Bread  
Cantaloupe, fresh  
Cauliflower, fresh  
Tuna Salad  
Snack  
Milk, Low Fat 1%  
Brown Rice Krispies Cereal

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

**27** 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  
Snack  
Milk, Low Fat 1%  
Brown Rice Krispies Cereal

**28** 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

**29** 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

**30** Breakfast Week 2  
Milk, Low Fat 1%  
Apple, fresh  
Muffin, Banana  
Lunch  
Milk, Low Fat 1%  
Whole Wheat Bread  
Broccoli, fresh  
Cantaloupe, fresh  
Turkey Sliced  
Snack  
Applesauce  
Crackers, Remy's Graham