

SETA HEAD START MENU

June 2024

"This institution is an equal opportunity provider"

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

Monday

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

Tuesday

4	Breakfast Week 1
	Milk, Low Fat 1% Apricots Raisin Bran Cereal
	<u>Lunch</u>
	Milk, Low Fat 1% American Cheese Apple, fresh Whole Wheat Bread Celery Sticks Watermelon, fresh or
	<u>Snack</u>
	Milk, Low Fat 1% Strawberry Chex

Wednesday

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

Thursday

6	Breakfast Week 1
	Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel
	<u>Lunch</u>
	Milk, Low Fat 1% Oranges, Mandarin Spanish Rice & Chicken Zucchini sticks
	<u>Snack</u>
	Apple, fresh Sun Butter

Friday

7	Breakfast Week 1
	Milk, Low Fat 1% Banana, fresh Muffin, Blueberry
	<u>Lunch</u>
	Milk, Low Fat 1% Whole Wheat Bread Cantaloupe, fresh Cauliflower, fresh Tuna Salad
	<u>Snack</u>
	Milk, Low Fat 1% Cinnamon Chex Cereal

10	Breakfast Week 2
	Milk, Low Fat 1% Applesauce Kix
	<u>Lunch</u>
	Milk, Low Fat 1% Apricots BBQ Beef Burger Mixed Vegetables Whole Wheat Bun
	<u>Snack</u>
	Cheese Sticks Oranges, fresh

11	Breakfast Week 2
	Milk, Low Fat 1% French Toast Sticks Pears
	<u>Lunch</u>
	Milk, Low Fat 1% Apple, fresh Carrot, fresh Chicken Drumsticks Whole Grain Buns Watermelon, fresh or
	<u>Snack</u>
	Milk, Low Fat 1% Rice Chex Cereal

12	Breakfast Week 2
	Milk, Low Fat 1% Oatmeal Cereal Pineapple, tidbits Raisins
	<u>Lunch</u>
	Milk, Low Fat 1% Chicken Teriyaki Rice, Brown Strawberries, fresh or Sunomono Salad Tangerine, fresh or
	<u>Snack</u>
	Muffin, Blueberry Peaches

13	Breakfast Week 2
	Milk, Low Fat 1% Banana, fresh Crispix Cereal
	<u>Lunch</u>
	Milk, Low Fat 1% BBQ Beef Brisket Oranges, fresh Tomato, fresh Whole Grain Mini Hoagie Roll
	<u>Snack</u>
	Milk, Low Fat 1% Crackers,Dick & Jane

14	Breakfast Week 2
	Milk, Low Fat 1% Apple, fresh Muffin, Banana
	<u>Lunch</u>
	Milk, Low Fat 1% Roast Beef Sliced Whole Wheat Bread Broccoli, fresh Cantaloupe, fresh
	<u>Snack</u>
	Applesauce Crackers,Remy's Graham

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

18	Breakfast Week 3
	Milk, Low Fat 1% Applesauce Waffles, sticks
	<u>Lunch</u>
	Milk, Low Fat 1% Beef Ravioli Spinach Salad Oranges, fresh Wheat Breadsticks
	<u>Snack</u>
	Apple, fresh Sun Butter

19	Breakfast Week 3
	NO CLASSES NO CLASSES NO CLASSES
	<u>Lunch</u>
	NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES
	<u>Snack</u>
	NO CLASSES NO CLASSES

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

21	Breakfast Week 3
	Milk, Low Fat 1% Muffin, Banana Oranges, fresh
	<u>Lunch</u>
	Milk, Low Fat 1% Apricots Swiss American Cheese Tortilla, Whole Wheat Zucchini sticks
	<u>Snack</u>
	Milk, Low Fat 1% Raisin Bran Cereal

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

25	Breakfast Week 4
	Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel
	<u>Lunch</u>
	Milk, Low Fat 1% Apricots Coleslaw Salad Tortilla, Whole Wheat Turkey & Cheese Roll Up
	<u>Snack</u>
	Milk, Low Fat 1% Cinnamon Chex Cereal

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

27	Breakfast Week 4
	Milk, Low Fat 1% Apricots French Toast Sticks
	<u>Lunch</u>
	Milk, Low Fat 1% Beans Refried Cheddar Cheese Mangoes Tomato Salsa Tortilla, Whole Wheat
	<u>Snack</u>
	Craisins - Dried Cranberries Cheese Sticks

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