

SETA HEAD START MENU

May 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

Tuesday

Wednesday

Thursday

Friday

		<p>1 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</p>	<p>2 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</p>	<p>3 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</p>
<p>6 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</p>	<p>7 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</p>	<p>8 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</p>	<p>9 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</p>	<p>10 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</p>
<p>13 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</p>	<p>14 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</p>	<p>15 Breakfast Week 3 Milk, Low Fat 1% Whole Wheat Biscuit Peaches <u>Lunch</u> Milk, Low Fat 1% Cantaloupe, fresh Fiesta Beans Muffin, Corn Bread <u>Snack</u> Milk, Low Fat 1% Strawberry Chex</p>	<p>16 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</p>	<p>17 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</p>
<p>20 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</p>	<p>21 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</p>	<p>22 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</p>	<p>23 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</p>	<p>24 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</p>
<p>27 Breakfast Week 5 NO CLASSES NO CLASSES NO CLASSES <u>Lunch</u> NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES <u>Snack</u> NO CLASSES NO CLASSES</p>	<p>28 Breakfast Week 5 Milk, Low Fat 1% Apple, fresh Cinnamon Chex Cereal <u>Lunch</u> Milk, Low Fat 1% Whole Wheat Bread Carrot, fresh Mangoes Turkey Sliced <u>Snack</u> Milk, Low Fat 1% Kix</p>	<p>29 Breakfast Week 5 Milk, Low Fat 1% Whole Wheat Biscuit Peaches <u>Lunch</u> Milk, Low Fat 1% Beef, Salisbury Steak & Gravy Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers, Dick & Jane Juice 100%</p>	<p>30 Breakfast Week 5 Milk, Low Fat 1% Oatmeal Cereal Pineapple, tidbits Raisins <u>Lunch</u> Milk, Low Fat 1% Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey) <u>Snack</u> Milk, Low Fat 1% Strawberry Chex</p>	<p>31 Breakfast Week 5 Milk, Low Fat 1% Muffin, Banana Oranges, fresh <u>Lunch</u> Milk, Low Fat 1% Banana, fresh Broccoli, fresh Chicken Salad Crackers, Wheat Thins <u>Snack</u> Milk, Low Fat 1% Rice Chex Cereal</p>