

# SETA HEAD START MENU

## November 2019

"This institution is an equal opportunity provider"

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

### Monday

<b>4</b>	<b>Breakfast Week 5</b>
	Milk, Low Fat 1%
	Pancakes
	Pears
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apricots
	Chicken Patty
	Coleslaw Salad
	Whole Wheat Bun
	<u>Snack</u>
	Cheese Sticks
	Pineapple, tidbits

### Tuesday

<b>5</b>	<b>Breakfast Week 5</b>
	Milk, Low Fat 1%
	Apple, fresh
	Cheerios, Whole Grain Cereal
	<u>Lunch</u>
	Milk, Low Fat 1%
	Whole Wheat Bread
	Cantaloupe, fresh
	Carrot, fresh
	Turkey Sliced
	<u>Snack</u>
	Milk, Low Fat 1%
	Multi Grain Flakes Cereal

### Wednesday

<b>6</b>	<b>Breakfast Week 5</b>
	Milk, Low Fat 1%
	Whole Wheat Biscuit
	Peaches
	<u>Lunch</u>
	Milk, Low Fat 1%
	Refried Beans
	Strawberries, fresh or
	Tangerine, fresh or
	Tomato Salsa
	Tortilla, Whole Wheat
	<u>Snack</u>
	Crackers, Dick & Jane
	Juice 100%

### Thursday

<b>7</b>	<b>Breakfast Week 5</b>
	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

### Friday

<b>8</b>	<b>Breakfast Week 5</b>
	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%
	Brown Rice Krispies Cereal

<b>11</b>	<b>Breakfast Week 1</b>
	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

<b>12</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Apricots
	Cheerios, Whole Grain Cereal
	<u>Lunch</u>
	Milk, Low Fat 1%
	American Cheese
	Apple, fresh
	Whole Wheat Bread
	Broccoli, fresh
	Watermelon, fresh or
	<u>Snack</u>
	Milk, Low Fat 1%
	Strawberry Chex

<b>13</b>	<b>Breakfast Week 1</b>
	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

<b>14</b>	<b>Breakfast Week 1</b>
	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

<b>15</b>	<b>Breakfast Week 1</b>
	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%
	Brown Rice Krispies Cereal

<b>18</b>	<b>Breakfast Week 2</b>
	Milk, Low Fat 1%
	Applesauce
	Multi Grain Flakes Cereal
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apricots
	BBQ Beef Burger
	Mixed Vegetables
	Whole Wheat Bun
	<u>Snack</u>
	Cheese Sticks
	Oranges, fresh

<b>19</b>	<b>Breakfast Week 2</b>
	Milk, Low Fat 1%
	French Toast Sticks
	Pears
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apple, fresh
	Carrot, fresh
	Chicken Drumsticks
	Wheat Breadsticks
	<u>Snack</u>
	Milk, Low Fat 1%
	Brown Rice Krispies Cereal

<b>20</b>	<b>Breakfast Week 2</b>
	Milk, Low Fat 1%
	Oatmeal Cereal
	Pineapple, tidbits
	Raisins
	<u>Lunch</u>
	Milk, Low Fat 1%
	Beans Refried
	Coleslaw Salad
	Strawberries, fresh or
	Tangerine, fresh or
	Tortilla, Whole Wheat
	<u>Snack</u>
	Muffin, Blueberry
	Peaches

<b>21</b>	<b>Breakfast Week 2</b>
	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

<b>22</b>	<b>Breakfast Week 2</b>
	Milk, Low Fat 1%
	Apple, fresh
	Muffin, Banana
	<u>Lunch</u>
	Milk, Low Fat 1%
	Whole Wheat Bread
	Broccoli, fresh
	Cantaloupe, fresh
	Turkey Sliced
	<u>Snack</u>
	Applesauce
	Crackers, Remy's Graham

<b>25</b>	<b>Breakfast Week 3</b>
	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

<b>26</b>	<b>Breakfast Week 3</b>
	Milk, Low Fat 1%
	Applesauce
	Waffles, sticks
	<u>Lunch</u>
	Milk, Low Fat 1%
	Chicken Drumsticks
	Spinach Salad
	Oranges, fresh
	Wheat Breadsticks
	<u>Snack</u>
	Apple, fresh
	Sun Butter

<b>27</b>	<b>Breakfast Week 3</b>
	Milk, Low Fat 1%
	Whole Wheat Biscuit
	Peaches
	<u>Lunch</u>
	Milk, Low Fat 1%
	Cantaloupe, fresh
	Fiesta Rice & Beans
	Tomato, diced
	<u>Snack</u>
	Milk, Low Fat 1%
	Strawberry Chex

<b>28</b>	<b>Breakfast Week 3</b>
	NO CLASSES
	NO CLASSES
	NO CLASSES
	<u>Lunch</u>
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	<u>Snack</u>
	NO CLASSES
	NO CLASSES

<b>29</b>	<b>Breakfast Week 3</b>
	NO CLASSES
	NO CLASSES
	NO CLASSES
	<u>Lunch</u>
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	NO CLASSES
	<u>Snack</u>
	NO CLASSES
	NO CLASSES