

SETA HEAD START MENU November 2023

"This institution is an equal opportunity provider"

"Grains/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

1 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%

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

3 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%
Rice Chex Cereal

6 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

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

8 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

9 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

10 Breakfast Week 1
NO CLASSES
NO CLASSES
NO CLASSES
Lunch
NO CLASSES
NO CLASSES
NO CLASSES
NO CLASSES
NO CLASSES
Snack
NO CLASSES
NO CLASSES

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

14 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
Watermelon, fresh or
Snack
Milk, Low Fat 1%
Rice Chex Cereal

15 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

16 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

17 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

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

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

22 Breakfast Week 3
Milk, Low Fat 1%
Whole Wheat Biscuit
Peaches
Lunch
Milk, Low Fat 1%
Cantaloupe, fresh
Fiesta Beans
Muffin, Corn Bread
Snack
Milk, Low Fat 1%
Strawberry Chex

23 Breakfast Week 3
NO CLASSES
NO CLASSES
NO CLASSES
Lunch
NO CLASSES
NO CLASSES
NO CLASSES
NO CLASSES
NO CLASSES
NO CLASSES
NO CLASSES
Snack
NO CLASSES
NO CLASSES

24 Breakfast Week 3
NO CLASSES
NO CLASSES
NO CLASSES
Lunch
NO CLASSES
NO CLASSES
NO CLASSES
NO CLASSES
NO CLASSES
Snack
NO CLASSES
NO CLASSES

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

28 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%
Cinnamon Chex Cereal

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

30 Breakfast Week 4
Milk, Low Fat 1%
Apricots
French Toast Sticks
Lunch
Milk, Low Fat 1%
Beans Refried
Cheddar Cheese
Mangoes
Tomato, diced
Tortilla, Whole Wheat
Snack
Craisins - Dried Cranberries
Cheese Sticks