

SETA HEAD START MENU

September 2019

"This institution is an equal opportunity provider"

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

Monday

2 Breakfast Week 1
 NO CLASSES
 NO CLASSES
 NO CLASSES
Lunch
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
 NO CLASSES
Snack
 NO CLASSES
 NO CLASSES

Tuesday

3 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

Wednesday

4 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

Thursday

5 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

Friday

6 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

9 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

10 Breakfast Week 2
 Milk, Low Fat 1%
 French Toast Sticks
 Pears
Lunch
 Milk, Low Fat 1%
 Apple, fresh
 Carrot, fresh
 Chicken Drumsticks
 Watermelon, fresh or
 Wheat Breadsticks
Snack
 Milk, Low Fat 1%
 Brown Rice Krispies Cereal

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

12 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

13 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

16 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

17 Breakfast Week 3
 Milk, Low Fat 1%
 Applesauce
 Waffles, sticks
Lunch
 Milk, Low Fat 1%
 Chicken Drumsticks
 Spinach Salad
 Oranges, fresh
 Wheat Breadsticks
Snack
 Apple, fresh
 Sun Butter

18 Breakfast Week 3
 Milk, Low Fat 1%
 Whole Wheat Biscuit
 Peaches
Lunch
 Milk, Low Fat 1%
 Cantaloupe, fresh
 Fiesta Rice & Beans
 Tomato, diced
Snack
 Milk, Low Fat 1%
 Strawberry Chex

19 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

20 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

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

24 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

25 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

26 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

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

30 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