

# SETA HEAD START MENU

## September 2021

"This institution is an equal opportunity provider"

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

		<p><b>1 Breakfast Week 2</b></p> <p>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><b>2 Breakfast Week 2</b></p> <p>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 &amp; Jane</p>	<p><b>3 Breakfast Week 2</b></p> <p>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</p>
<p><b>6 Breakfast Week 3</b></p> <p>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><b>7 Breakfast Week 3</b></p> <p>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</p>	<p><b>8 Breakfast Week 3</b></p> <p>Milk, Low Fat 1% Whole Wheat Biscuit Peaches <u>Lunch</u> Milk, Low Fat 1% Cantaloupe, fresh Fiesta Rice &amp; Beans Tomato, diced <u>Snack</u> Milk, Low Fat 1% Strawberry Chex</p>	<p><b>9 Breakfast Week 3</b></p> <p>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 &amp; Jane Pineapple, tidbits</p>	<p><b>10 Breakfast Week 3</b></p> <p>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% Cheerios, Whole Grain Cereal</p>
<p><b>13 Breakfast Week 4</b></p> <p>Milk, Low Fat 1% Apple, fresh Brown Rice Krispies Cereal <u>Lunch</u> Milk, Low Fat 1% Beef, Hamburger Corn Oranges, fresh Whole Wheat Bun <u>Snack</u> Crackers, Dick &amp; Jane Peaches</p>	<p><b>14 Breakfast Week 4</b></p> <p>Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel <u>Lunch</u> Milk, Low Fat 1% Apricots Coleslaw Salad Tortilla, Whole Wheat Turkey &amp; Cheese Roll Up <u>Snack</u> Milk, Low Fat 1% Cheerios, Whole Grain Cereal</p>	<p><b>15 Breakfast Week 4</b></p> <p>Milk, Low Fat 1% Banana, fresh Oatmeal Cereal <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><b>16 Breakfast Week 4</b></p> <p>Milk, Low Fat 1% Apricots French Toast Sticks <u>Lunch</u> Milk, Low Fat 1% Beans Refried Cheddar Cheese Mangoes Tomato, diced Tortilla, Whole Wheat <u>Snack</u> Craisins - Dried Cranberries Cheese Sticks</p>	<p><b>17 Breakfast Week 4</b></p> <p>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><b>20 Breakfast Week 5</b></p> <p>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</p>	<p><b>21 Breakfast Week 5</b></p> <p>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% Kix</p>	<p><b>22 Breakfast Week 5</b></p> <p>Milk, Low Fat 1% Whole Wheat Biscuit Peaches <u>Lunch</u> Milk, Low Fat 1% Beef, Salisbury Steak &amp; Gravy Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or <u>Snack</u> Crackers, Dick &amp; Jane Juice 100%</p>	<p><b>23 Breakfast Week 5</b></p> <p>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><b>24 Breakfast Week 5</b></p> <p>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</p>
<p><b>27 Breakfast Week 1</b></p> <p>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</p>	<p><b>28 Breakfast Week 1</b></p> <p>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</p>	<p><b>29 Breakfast Week 1</b></p> <p>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><b>30 Breakfast Week 1</b></p> <p>Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel <u>Lunch</u> Milk, Low Fat 1% Oranges, Mandarin Spanish Rice &amp; Chicken Zucchini sticks <u>Snack</u> Apple, fresh Sun Butter</p>	