

# SETA HEAD START MENU

## September 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

<b>2</b>	<b>Breakfast Week 4</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	

### Tuesday

<b>3</b>	<b>Breakfast Week 4</b>
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	

### Wednesday

<b>4</b>	<b>Breakfast Week 4</b>
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	

### Thursday

<b>5</b>	<b>Breakfast Week 4</b>
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	

### Friday

<b>6</b>	<b>Breakfast Week 4</b>
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	

<b>9</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>	
Crackers, Goldfish	
Pineapple, tidbits	

<b>10</b>	<b>Breakfast Week 5</b>
Milk, Low Fat 1%	
Apple, fresh	
Cheerios Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
Whole Wheat Bread	
Carrot, fresh	
Mangoes	
Turkey Sliced	
<u>Snack</u>	
Milk, Low Fat 1%	
Kix	

<b>11</b>	<b>Breakfast Week 5</b>
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%	

<b>12</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	

<b>13</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%	
Rice Chex Cereal	

<b>16</b>	<b>Breakfast Week 1</b>
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, Goldfish	

<b>17</b>	<b>Breakfast Week 1</b>
Milk, Low Fat 1%	
Apricots	
Raisin Bran Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
American Cheese	
Apple, fresh	
Whole Wheat Bread	
Celery Sticks	
Watermelon, fresh or	
<u>Snack</u>	
Milk, Low Fat 1%	
Strawberry Chex	

<b>18</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>19</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>20</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%	
Cinnamon Chex Cereal	

<b>23</b>	<b>Breakfast Week 2</b>
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	

<b>24</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	
Whole Grain Buns	
Watermelon, fresh or	
<u>Snack</u>	
Milk, Low Fat 1%	
Rice Chex Cereal	

<b>25</b>	<b>Breakfast Week 2</b>
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	

<b>26</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>27</b>	<b>Breakfast Week 2</b>
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, Goldfish	

<b>30</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	