



HEAD START 2022

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>3 Breakfast – Whole Grain Pancakes & Yogurt</p> <p>Whole Grain Dino Chicken Tenders Dinner Roll Applesauce Vegetable Serving</p>	<p>4 Breakfast – Whole Grain Muffin & Applesauce</p> <p>Whole Grain Cinnamon French Toast Sticks Turkey Sausage Mandarin Oranges Vegetable Serving</p>	<p>5 Breakfast – Yogurt & Granola</p> <p>Whole Grain Buttered Noodles All Beef Meatballs Steamed Green Beans Fruit Serving</p>	<p>6 Breakfast – Whole Grain Cereal & Banana</p> <p>Whole Grain Chicken Bites Steamed Rice Orange Slices Vegetable Serving</p>	<p>7 Breakfast – Bagel w/Cream Cheese & Orange Slices</p> <p>Grilled Cheese Whole Grain Rollup Turkey Sausage Baked Beans Fruit Serving</p>
<p>10 Breakfast – Whole Grain Pancakes & Yogurt</p> <p>Chicken & Cheese Whole Grain Soft Taco Sweet Mashed Potatoes Corn Salad Fruit Serving</p>	<p>11 Breakfast – Whole Grain Muffin & Applesauce</p> <p>Cheeseburger w/ Whole Grain Bun Tater Tots Steamed Green Beans Fruit Serving</p>	<p>12 Breakfast – Yogurt & Granola</p> <p>Whole Grain Chicken Tenders Yellow Rice Orange Slices Vegetable Serving</p>	<p>13 Breakfast – Whole Grain Cereal & Banana</p> <p>Whole Grain Mac & Cheese Turkey Sausage Apple Slices Vegetable Serving</p>	<p>14 Breakfast – Bagel w/Cream Cheese & Orange Slices</p> <p>Whole Grain Baked Ziti All Beef Meatballs Green Salad Fruit Serving</p>
<p>17 NO SCHOOL</p>	<p>18 Breakfast – Whole Grain Muffin & Applesauce</p> <p>Whole Grain Dino Chicken Tenders Mashed Potatoes Steamed Corn Fruit Serving</p>	<p>19 Breakfast – Yogurt & Granola</p> <p>Grilled Cheese Whole Grain Rollup Potato Pancakes Apple Slices Vegetable Serving</p>	<p>20 Breakfast – Whole Grain Cereal & Banana</p> <p>Whole Grain Penne w/ Sauce & Meatballs Orange Slices Vegetable Serving</p>	<p>21 Breakfast – Bagel w/Cream Cheese & Orange Slices</p> <p>Hamburger w/ Whole Grain Bun Hash Brown Fresh Apple Vegetable Serving</p>
<p>24 Breakfast – Whole Grain Pancakes & Yogurt</p> <p>Whole Grain Chicken Bites Steamed Rice Pineapple Vegetable Serving</p>	<p>25 Breakfast – Whole Grain Muffin & Applesauce</p> <p>Whole Grain Mac & Cheese Turkey Sausage Steamed Green Beans Fruit Serving</p>	<p>26 Breakfast – Yogurt & Granola</p> <p>Whole Grain Cinnamon French Toast Sticks Turkey Sausage Mandarin Oranges Vegetable Serving</p>	<p>27 Breakfast – Whole Grain Cereal & Banana</p> <p>Whole Grain Chicken Tenders Parmesan Potatoes Apple Slices Vegetable Serving</p>	<p>28 Breakfast – Bagel w/Cream Cheese & Orange Slices</p> <p>Whole Grain Buttered Noodles All Beef Meatballs Steamed Carrots Fruit Serving</p>
<p>31 Breakfast – Whole Grain Pancakes & Yogurt</p> <p>Grilled Cheese Whole Grain Rollup Hash Brown Diced Peaches Vegetable Serving</p>				

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
 Portions suggested by the Child and Adult Care Food Program
 Head Start children ages 3-5 years are served 1% or nonfat milk with meals
 E.H.S. children ages 0-2 years are served whole milk with meals
 HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
 MENU SUBJECT TO CHANGE WITHOUT NOTICE