

Sullivan County Head Start/Early Head Start December 2017 Menu

Date	Breakfast	Lunch	Snack
Friday - 1	Parent Teacher Conference	Closed	Closed
Monday -4	French Toast on Whole Wheat Bread, Applesauce, 1% Milk	Chicken Tenders, Mashed Potatoes, Broccoli, Orange Slices, Whole Wheat Roll, 1% Milk	Wheat Thins, Juicy Juice
Tuesday-5	Scrambled Eggs, W Wheat Bread, Mandarin Oranges , 1% Milk	Ravioli W/ Meat Sauce, Cauliflower, Mixed Fruit, Garlic Bread, 1% Milk	Low Fat Vanilla Yogurt, Peaches, Water
Wednesday-6	Blueberry Muffins, Bananas, 1% Milk	Swedish Meatballs, Whole Wheat Egg Noodles, Peas, Pears, 1% Milk	Animal Crackers, 1% Milk
Thursday-7	Wheaties, Orange Juice, 1% Milk	Baked Ziti, Garlic Bread, Tossed Salad, Peaches, 1% Milk	Ritz Crackers, 1% Milk
Friday-8	Pancakes, Applesauce, 1% Milk	Meatloaf, Tri-Colored Noodles, Green Beans, Pineapple Tidbits, 1% Milk	*Apple Slices, 1% Milk
Monday-11	Oatmeal, Peaches, 1% Milk	Vegetarian Chili, Rice, Broccoli, Mixed Fruit, 1% Milk	Mandarin Oranges*, 1% Milk
Tuesday-12	Life Cereal, *Bananas, 1% Milk	Beef Taco on Whole Wheat Soft Taco, Black Beans, Lettuce, Tomato, Shredded Cheddar, Pears, 1% Milk	Carrot Sticks, Ranch Dressing, Grape juice
Wednesday - 13	Farina, Peaches, 1% Milk	****Holiday Luncheon – Monticello**** Roast Pork, Sweet Potatoes, Broccoli, Fruit Cocktail, Dinner Roll, 1% Milk – Woodbourne-Tuna on Whole Wheat Bread, Mixed Vegetables, Orange Slices, 1% Milk	Cheese Nips, 1% Milk
Thursday - 14	Mini Whole Wheat Bagels, Low fat Cream Cheese ,Pears, 1% Milk	****Holiday Luncheon – Woodbourne**** Roast Pork, Sweet Potatoes, Broccoli, Fruit Cocktail, Dinner Roll, 1% Milk – Waverly -Tuna on Whole Wheat Bread, Mixed Vegetables, Orange Slices, 1% Milk	Graham Crackers, 1% Milk
Friday - 15	Rice Chex, *Bananas, 1% Milk	Sweet & Sour Chicken, Brown Rice, Cauliflower, Peaches, 1% Milk	Teddy Grahams, 1% Milk
Monday – 18	French Toast on Whole Wheat Bread, Applesauce, 1% Milk	Homemade Beef-a-Roni, Italian Bread, Cauliflower,*Apple Slices, 1% Milk	Vanilla Yogurt, Blueberries, Water

Tuesday – 19	Scrambled Eggs, Grits, Mandarin Oranges, 1% Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Carrot Coins, Pineapple Tidbits, 1% Milk	Low fat Cheese Stick, 100% Apple Juice
Wednesday- 20	Cherrios, Orange Juice, 1% Milk	Homemade Whole Wheat Macaroni & Cheese, Beets, Pears, 1% Milk	Cottage Cheese, Pineapple, Water
Thursday- 21	Farina, Peaches, 1% Milk	Chicken Tenders, Mashed Potatoes, Green Bean Mix, Whole Wheat Dinner Roll, Pear, 1% Milk	Pretzel Sticks, Apple Juice (E.H.S.) – Arrowroot Cookies
Friday -22	Closed- In Service Staff Only		
<i>Merry Christmas and Happy New Year!</i>			

SULLIVAN COUNTY HEAD START MENU

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***---Denotes Fresh Fruit**

This institution is an equal opportunity provider