

Sullivan County Head Start/Early Head Start April 2018 Menu



Date	Breakfast	Lunch	Snack
Monday - 2	Life Cereal, Orange Juice, 1% Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Carrot Coins, *Apple Slices, 1% Milk	Gold Fish, 1% Milk
Tuesday - 3	French Toast on Whole Wheat Bread, Applesauce, 1% Milk	Ravioli w/ extra cheese, Cauliflower, Mixed Fruit, Garlic Bread, 1% Milk	Cucumbers, Provolone, Ranch, Juicy Juice
Wednesday - 4	Scrambled Eggs, Whole Wheat Bread, Mandarin Oranges, 1% Milk	Swedish Meatballs, Egg Noodles, Peas, Pears, 1% Milk	Low Fat Vanilla Yogurt Ice Cream Cones, Blueberries, 1% Milk
Thursday - 5	Blueberry Pancakes, Bananas*, 1% Milk	Chicken Tenders, Mashed Potatoes, Broccoli, Whole Wheat Dinner Roll, Peaches, 1% Milk	Pretzel Sticks, Cheddar Cheese, 1% Milk
Friday - 6	**Closed**	**Closed - Parent Teacher Conference**	**Closed**
Monday-9	Oatmeal, Peaches, 1% Milk	Chicken Parmesan, Garlic Bread, Green bean mix, Apple Slices, 1% Milk	Animal Crackers, 1% Milk
Tuesday - 10	French Toast, Applesauce, 1% Milk	Hamburger on Whole Wheat Bun, Lettuce, Tomato, American Cheese, Sweet Potato Tots, *Orange Slices, 1% Milk	Strawberries and Bananas, 1% Milk
Wednesday-11	Corn Muffin, Fruit Spread, Honey Dew, 1% Milk	Baked Fish, Whole Wheat Pasta, Mixed Veggies, *Apple Slices, 1% Milk	Cheese Nips, 1% Milk
Thursday- 12	Scrambled Eggs, Grits, Mandarin Oranges, 1% Milk	Baked Chicken, Pierogis, Carrot Coins, *Apple Slices, 1% Milk	Carrot Sticks and Ranch Dressing, 1% Milk
Friday-13	Mini Whole Wheat Bagels, Low Fat Cream Cheese, Cantaloupe, 1% Milk	Sloppy Joe on Whole Wheat Bun, Green Beans, Tropical Fruit, 1% Milk	Cucumber Slices, Ranch, 1% Milk
Monday-16	Berry Kix, Bananas, 1% Milk	Pizza Bagels, Salad, Peaches, 1% Milk	Teddy Grahams, 1% Milk
Tuesday - 17	Yogurt, Mixed Berry with Cheerios on top, 1% Milk	Homemade Beef-A-Roni With whole wheat pasta, Italian Bread, Peas, Fresh Pineapple, 1% Milk	Fresh Apples and Cheddar Cheese, 1% Milk
Wednesday - 18	Pancakes, Applesauce, 1% Milk	Sweet & Sour Chicken, Brown Rice, Broccoli, Fruit Cocktail, 1% Milk	*Orange Slices, 1% Milk

Thursday-19	Waffles, Blueberries, 1% Milk	Chicken Quesadilla on Whole Wheat Wrap, Broccoli, Black Beans, *Apple Slices, 1% Milk	Pretzels, Cheddar Cheese, 1% Milk
Friday-20	***Closed***	****Closed – Staff In-Service***	****Closed****
Monday - 23	Blueberry Muffins, Bananas, 1% Milk	Whole Grain Macaroni and Cheese, Beets, Pears, 1% Milk	Homemade Chex Mix (chex, pretzel sticks, chocolate chips, Kix) 1% Milk
Tuesday - 24	Scrambled Eggs, Ham, Shredded Cheddar Cheese, Whole Wheat Wrap, Mandarin Orange, 1% Milk	Whole Wheat Spaghetti with Meat Sauce, Garlic Bread, Green Bean Mix, Fruit Cocktail, 1% Milk	Goldfish, 1% Milk
Wednesday - 25	Oatmeal, Peaches, 1% Milk	Hamburger on Whole Wheat Roll, Lettuce, Tomato, Sweet Potato Tots, Orange Slices, 1% Milk	Apple Slices, Cheddar Cheese Sticks, 1% Milk
Thursday - 26	French Toast with Whole Wheat Bread, Applesauce, 1% Milk	Baked Chicken, Pierogis, Carrot Coins, Apple Slices, 1% Milk	Cucumber Slices, Ranch Dressing, Grape Juice
Friday - 27	Life Cereal, Bananas, 1% Milk	Baked Fish, Whole Wheat Pasta, Green Beans, Fruit Cocktail, 1% Milk	Vanilla Yogurt, Strawberries, 1% Milk
Monday - 30	Pancakes, Blueberries, 1% Milk	Whole Wheat Pizza, Salad, Peaches, 1% Milk	Cantaloupe, Milk

SULLIVAN COUNTY HEAD START MENU

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***---Denotes Fresh Fruit**

This institution is an equal opportunity provider