

**SULLIVAN COUNTY HEAD START/EARLY HEAD START
JULY 2018 MENU**

DATE	BREAKFAST	LUNCH	SNACK
Monday 2	Kix, Banana 1% Milk	Chicken Tenders, Mashed Potato, Carrot coins, Fruit Cocktail, Whole Wheat Roll, 1% Milk	Watermelon, 1% Milk
Tuesday 3	*****	*****CLOSED Inservice Day*****	*****
Wednesday 4	*****	*****Closed Independence Day*****	*****
Thursday 5	Pancakes, Applesauce, 1% Milk	Macaroni and Cheese, Beets, *Orange Slices, 1% Milk	Teddy Grahams, 1% Milk
Friday 6	Scrambled Eggs with Ham, Grits, Mandarin Oranges , 1% Milk	Chicken Salad on Whole Wheat Wrap, Cucumber Salad, Peaches, 1% Milk	Pretzels, 1% Milk
Monday 9	French Toast on Whole Wheat Bread, Applesauce, 1% Milk	Baked Ziti, Cauliflower, Garlic Bread, Watermelon, 1% Milk	Cheddar Cheese, Ritz Crackers, 100% Grape Juice
Tuesday 10	Blueberry Muffins, Honeydew, 1% Milk	Baked Fish, Mashed Potatoes, Green Beans, Whole Wheat Roll, *Cantaloupe, 1% Milk	Animal Crackers, 1% Milk
Wednesday 11	Whole Wheat Bagels, Lowfat Cream Cheese, *Bananas, 1% Milk	Swedish Meatballs, Egg Noodles, Peas, * Apple Slices, 1% Milk	Watermelon, 1% Milk
Thursday 12	Oatmeal, Mandarin Oranges, 1% Milk	Vegetarian Chili, Brown Rice, Broccoli, Mixed Fruit, 1% Milk	Ritz Crackers, 1% Milk
Friday 13	Pancakes, Applesauce, 1% Milk	Baked Chicken, Brown Rice, Vegetable Medley, Orange Slices, 1% Milk	Apple Slices, Cheddar Cheese
Monday 16	Kix, Orange Juice, 1% Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Carrot Coins, Peaches, 1% Milk	String Cheese, 100% Apple Juice
Tuesday 17	French Toast on Whole Wheat Bread, Applesauce, 1% Milk	Pizza Bagels, Tossed Salad, Pears, 1% Milk	Vanilla Yogurt, *Strawberries, Water
Wednesday 18	Whole Wheat Waffles, Blueberries, 1% Milk	Baked Fish, Mixed Vegetables, *Orange Slices, Whole Wheat Roll, 1% Milk	Watermelon, 1% Milk
Thursday 19	Special K, *Cantaloupe, 1% Milk	Whole Wheat Spaghetti and Meat Sauce, Green bean mix, Tropical Fruit, Garlic Bread,	Graham Crackers, 1% Milk
Friday 20	Pancakes, Applesauce, 1% Milk	Sweet & Sour Chicken, Brown Rice, Broccoli, *Apple Slices, 1% Milk	String Cheese, 100% Apple Juice
Monday 23	Oatmeal, Peaches, 1% Milk	Baked Fish, Mixed Vegetables, *Orange Slices, Whole Wheat Roll, 1% Milk	Pretzels, 1% Milk
Tuesday 24	Scrambled Eggs, Whole Wheat, Mandarin Oranges , 1% Milk	Cheese Quesdillia, Black Beans, Corn, Apple Slices, 1% Milk	Cantaloupe, 1% Milk
Wednesday 25	Whole Wheat Waffles, Strawberries, 1% Milk	Beef A Roni, Italian Bread, Cauliflower, *Peaches, 1% Milk	Cheez-It, 1% Milk

Thursday 26	Blueberry Muffins, *Bananas, 1% Milk	Chicken Tenders, Mashed Potato, Carrot coins, Fruit Cocktail, Whole Wheat Roll, 1% Milk	Vanilla Yogurt, *Strawberries, Water
Friday 27	Rice Chex, Mandarin Oranges, 1% Milk	E.H.S Picnic Hamburgers On Whole Wheat Roll, Hot Dog on Whole Wheat Roll, Corn on the Cob, Watermelon, 1% Milk	Graham Crackers, 1% Milk

Sullivan County Head Start Menu

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*---- Denotes Fresh Fruit

This institution is an equal opportunity provider