

SULLIVAN COUNTY HEAD START/EARLY HEAD START

JUNE 2018 MENU

DATE	BREAKFAST	LUNCH	SNACK
Friday 1	Kix, Orange Juice, 1% Milk	Baked Chicken, Sweet Potato, Greenbeans, Mixed Fruit, Whole Wheat Roll, 1% Milk	Cucumber slices with ranch dressing, Juicy Juice
Monday 4	Blueberry Pancakes, Bananas, 1% Milk	Swedish Meatballs, Whole Wheat Egg Noodles, Peas, Pears, 1% Milk	Low Fat Vanilla Yogurt, *Blueberries, Water
Tuesday 5	Scrambled Eggs, Whole Wheat Bread, Mandarin Oranges, 1% Milk	Whole Wheat Macaroni and Cheese, Broccoli, *Orange Slices, 1% Milk	Animal Crackers, 1% Milk
Wednesday 6	Waverly: Whole Wheat Bagels, Lowfat Cream Cheese, Bananas, 1% Milk, Woodbourne: Farina, Peaches, 1% Milk	Hamburgers on whole wheat bun, Hot Dogs, Corn On The Cob, Watermelon, 1% Milk, Woodbourne Ham Sandwich on W.W. Bread, Carrot Coins, Pears, 1% Milk	Vanilla Yogurt, Strawberries, water
Thursday 7	Whole Wheat French Toast, Applesauce, 1% Milk	Baked Fish, Whole Mashed Potatoes, Green Beans, Whole Wheat Bread, Cantaloupe, 1% Milk	Pretzels, 1% Milk E/H/S Cheez-its
Friday 8	Woodbourne: Whole Wheat Bagels, Lowfat Cream Cheese, *Bananas, 1% Milk Waverly: Farina, Peaches, 1% Milk	Woodbourne Picnic Hamburgers on whole wheat bun, Hot Dogs, Corn On The Cob, Watermelon, 1% Milk, Waverly Ham Sandwich on W.W. Bread, Carrot Coins, Pears, 1% Milk	Graham Crackers, 100 % Apple Juice
Monday 11	Yogurt, Mixed Berries, Cheerios on top, 1% Milk	Chicken Tenders, Mashed Potato, Cauliflower, *Watermelon, Whole Wheat Roll 1% Milk	Goldfish, 1% Milk
Tuesday 12	Scrambled Eggs, Whole Wheat Bread, Peaches, 1% Milk	Brown Rice and Beans, Broccoli, Mixed Fruit, 1% Milk	Honey Dew Melon, 1% Milk
Wednesday 13	Cheerios, Bananas, 1% Milk	Father's Day Luncheon Baked Ziti, Italian Bread, Green Bean Mix, Mixed Fruit, 1% Milk	Wheat Thins, 1% Milk
Thursday 14	Oatmeal, Peaches, 1% Milk	Sweet & Sour Chicken, Brown Rice, Broccoli, Pineapple Tidk	Cheddar Cheese, *Apple Slices
Friday 15	Whole Wheat French Toast, Applesauce, 1% Milk	Pizza on Whole Wheat Bagels, Green Beans, Tropical Fruit, 1% Milk	Vanilla Yogurt, *Strawberries
Monday 18	Corn Muffin, *Cantaloupe, 1% Milk	Cheese Ravioli, Broccoli, Whole Wheat Bread, Mixed Fruit, 1% Milk	Cheese Nips, 1% Milk
Tuesday 19	Mini Whole Wheat Bagels, Lowfat Cream Cheese, Cantaloupe, 1% Milk	Cheese Quesdilla on Whole Wheat Wrap, Black Beans, Corn, *Orange Slices, 1% Milk	Graham Crackers, 1% Milk

Wednesday 20	Special K, *Bananas, 1% Milk	Sweet & Sour Chicken, Brown Rice, Broccoli, *Apple Slices, 1% Milk	Grape Juice, String Cheese, 1% Milk
Thursday 21	Waffles,bluberries, 1% Milk	Whole Wheat Pizza, Green Beans, Pears, 1% Milk	Watermelon, Pretzels, Water
Friday 22	Scrambled Eggs, Grits, Mandarin Oranges , 1% Milk	Grilled Cheese on W. W. Bread, Tomato Soup, Carrot Coins,* Apple Slices, 1% Milk	Teddy Grahams, 1% Milk
Monday 25	Oatmeal, Peaches, 1% Milk	Fettuccine Alfredo with Chicken, Italian Bread, Broccoli, *Peaches, 1% Milk	Cantaloupe, 1% Milk
Tuesday 26	Blueberry Muffins, *Bananas, 1% Milk	Chicken Tenders, Mashed Potato, Cauliflower,* Watermelon, Whole Wheat Roll 1% Milk	Cheez-Its, 1% Milk
Wednesday 27	Wheaties, Cran-Apple Juice, 1% Milk	Baked Fish, Whole Wheat Pasta, Corn, Tropical Fruit, Whole Wheat Bread, 1% Milk	Vanilla Yogurt, Blueberries, Water
Thursday 28	Pancakes, Applesauce, 1% Milk	Sloppy Joe on a Whole Wheat Bun , Cauliflower, *Honeydew, 1% Milk	Cantaloupe, 1% Milk
Friday 29	Whole Wheat French Toast, Applesauce, 1% Milk	Chicken Salad on Whole Wheat Wrap, Cucumber Slices, Peaches, 1% Milk	*Watermelon, 1% Milk

Sullivan County Head Start Menu

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*---- Denotes Fresh Fruit

This institution is an equal opportunity provider