


Sullivan County Head Start/Early Head Start March 2018 Menu



Date	Breakfast	Lunch	Snack
Thursday – 1	Green Scrambled Eggs, Ham, Mandarin Oranges, 1% Milk	Ravioli w/extra cheese, Cauliflower, Mixed Fruit, Garlic Bread, 1% Milk	Strawberries, Bananas, 1% Milk
Friday – 2	Oatmeal, Peaches, 1% Milk	Swedish Meatballs, Whole Wheat Egg Noodles, Peas, Pears, 1% Milk	Low Fat Vanilla Yogurt, Ice Cream Cones, Blueberries, Water
Monday – 5	French Toast on whole wheat bread, Applesauce, 1% Milk	Yellow Rice and Beans, Mixed Vegetables, *Apple Slices, 1% Milk	Gold Fish, 1% Milk
Tuesday – 6	Life Cereal, Orange Juice, 1% Milk	Turkey on Whole Wheat Sandwich Thin, Carrot Coins, Pineapple Tidbits, 1% Milk	Orange Slices, 1% Milk
Wednesday – 7	Farina, Bananas, 1% Milk	Chicken Tenders, Mashed Potatoes, Broccoli, Whole Wheat Dinner Roll, *Orange Slices, 1% Milk	Pretzel Rods, Cheese, 100 % Apple Juice
Thursday – 8	Wheaties, Orange Juice, 1% Milk	Baked Ziti, Garlic Bread, Sweet Peas, Peaches, 1% Milk	Cantaloupe, 1% Milk
Friday – 9	Pancakes, Applesauce, 1% Milk	Cheese Quesadilla on Whole Wheat Wrap, Black Beans, Broccoli, Mixed Fruit, 1% Milk	*Apple Slices, 1% Milk
Monday - 12	Blueberry Muffins, Bananas, 1% Milk	Turkey Taco on whole wheat soft taco, Lettuce, Tomato, Pears, 1% Milk	Vanilla Yogurt, Blueberries, Raspberries, Water
Tuesday - 13	Cheerios, Orange Juice, 1% Milk	Whole Wheat Macaroni and Cheese, Beets, Apple Slices, 1% Milk	Cottage Cheese and Pineapple
Wednesday -14	Oatmeal, Peaches, 1% Milk	Whole Wheat Pizza, Tossed Salad, Cantaloupe, 1% Milk	Orange Slices, 1% Milk
Thursday -15	Whole Wheat French Toast, Applesauce, 1% Milk	Baked Fish, Green Beans, Fruit Cocktail, Whole wheat dinner roll, 1% Milk	Teddy Grahams, 1% Milk
Friday - 16	****Closed****	****Closed – In Service****	****Closed****

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Monday - 19	Oatmeal, Peaches, 1% Milk	Baked Chicken, Whole Wheat Egg Noodles, Green Beans, Pineapple Tidbits, 1% Milk	Gold Fish, 1% Milk
Tuesday - 20	Farina, Peaches, 1% Milk	Meatloaf, Tri-Colored Noodles, Cauliflower, Pineapple Tidbits, 1% Milk	Cheddar Cheese, *Apple Slices, Water
Wednesday - 21	Whole Wheat French Toast, Applesauce, 1% Milk	Baked Fish, Mashed Potatoes, Broccoli, *Apple Slices, Whole Wheat Roll, 1% Milk	Vanilla Yogurt, Peaches, Water
Thursday - 22	Corn Muffin, *Bananas, 1% Milk	Turkey on Whole Wheat Bread, Mixed Vegetables, Tomato Soup, *Orange Slices, 1% Milk	Cheese Nips, 1% Milk
Friday -23	Scrambled Eggs, Grits, Mandarin Oranges, 1% Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Carrot Coins, *Apple Slices, 1% Milk	Teddy Grahams, 1% Milk
	****Closed**** March 26th – March 30th	Spring Break March 26th – March 30th	****Closed**** March 26th – March 30th
			

SULLIVAN COUNTY HEAD START MENU
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*---Denotes Fresh Fruit

This institution is an equal opportunity provider