

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

DATE	BREAKFAST	LUNCH	SNACK
Tuesday 1	Kix, Bananas, 1% Milk	Chicken Parmesan, Green Beans, Garlic Bread, Watermelon 1% Milk	Cheese-Its, 1% Milk
Wednesday 2	French Toast, Applesauce, 1% Milk	Tomato Soup, Grilled Cheese with Ham on Whole Wheat Bread, Cucumber Slices, Apple Slices, 1% Milk	Teddy Grahams, Grape Juice
Thursday 3	Scrambled Eggs, Whole Wheat Bread, Mandarin Oranges, 1% Milk	Whole Wheat Spaghetti with Meat Sauce, Cauliflower, Tropical Fruit, 1% Milk	Low Fat Vanilla Yogurt, Blueberries
Friday 4	Oatmeal, Peaches, 1% Milk	Sweet & Sour Chicken, Brown Rice, Mixed Vegetables, Pears, 1% Milk	Carrot Sticks, Ranch Dressing, Grape Juice
Monday 7	Corn Muffins, *Bananas, 1% Milk	Swedish Meatballs, Whole Wheat Noodles, Green Bean Mix, Pears, 1% Milk	Goldfish, 1% Milk
Tuesday 8	Farina, Peaches, 1% Milk	Whole Wheat Macaroni and Cheese, Beets, Orange Slices, 1% Milk	Strawberries, vanilla yogurt
Wednesday 9	Pancakes, Applesauce, 1% Milk	MOTHER'S DAY LUNCHEON Baked Chicken, Sweet Potato, Broccoli-Cauliflower Mix, Whole Wheat Roll, Mixed Fruit, 1% Milk	Cantaloupe, 1% Milk
Thursday 10	Blueberry Muffins, Bananas, 1% Milk	Whole Grain Pizza, Green Beans, Pineapple Tidbits, 1% Milk	Pretzels, 1% Milk
Friday 11	Oatmeal, Mandarin Oranges, 1% Milk	Tuna Fish on Whole Wheat Wrap, Carrot Sticks, Cantaloupe, 1% Milk	Animal Crackers, 1% Milk
Monday 14	Cornflakes, Bananas, 1% Milk	Hamburger on a whole wheat bun, Broccoli, Sweet Potato Tots, Mixed Fruit, 1% Milk	Low Fat Mozzarella Cheese, Juicy Juice
Tuesday 15	Farina, Peaches, 1% Milk	Baked Fish, Whole Wheat Noodles, Carrot Coins, Pineapple Tidbits, 1% Milk	Cheddar Cheese, *Apple Slices
Wednesday 16	French Toast, Cantaloupe, 1% Milk	Chicken Tenders, Mashed Potatoes, Peas, Whole Wheat Roll, Orange Slices, 1% Milk	Vanilla Yogurt, *Strawberries
Thursday 17	Waffles, Mixed Berries, 1% Milk	Whole Wheat Pizza Bagels, Broccoli, Strawberries, 1% Milk	Cheese Nips, 1% Milk
Friday 18	Closed - In Service- Staff Only	Closed - In Service - Staff Only	Closed - In Service - Staff Only

Monday 21	Special K, *Bananas, 1% Milk	Cheese Quesadillas, Whole Wheat Wrap, Peas, Peaches, 1% Milk	Pineapple, 1% Milk
Tuesday 22	Scrambled Eggs, Whole Wheat English Muffins, Mandarin Oranges , 1% Milk	Spanish Rice, Boneless Chicken, Black Beans Broccoli, * Apple Slices, 1% Milk	Watermelon, 1% Milk
Wednesday 23	Pancakes, Applesauce, 1% Milk	Baked Fish, Sweet Potatoes, Peas, Whole Wheat Dinner Roll, Cantaloupe, 1% Milk	Cucumber slices with ranch dressing, 1% milk
Thursday 24	Cheerios, Apple Juice, 1% Milk	Pizza, Green Beans, Pears, 1% Milk	Cheese-It, 1% Milk
Friday 25	French Toast, Oranges, 1% Milk	Grilled Chicken Patty on Whole Wheat roll, Lettuce, Tomato, Honeydew, 1% Milk	Vanilla Yogurt, Blueberries, 1% Milk
Monday 28	*****Closed*****	*****Closed Memorial Day*****	*****Closed*****
Tuesday 29	Pancakes, Applesauce, 1% Milk	Meatloaf, Mashed Potatoes, Corn, Tropical Fruit, Whole Wheat Bread, 1% Milk	*Orange Slices, 1% Milk
Wednesday 30	Scrambled Eggs. Whole Wheat Bread, Mandarin Oranges, 1% Milk	Sweet & Sour Chicken, Brown Rice, Broccoli, Watermelon, 1% Milk	Strawberries and Bananas, 1% Milk
Thursday 31	Oatmeal, Peaches, 1% Milk	Spaghetti and Meat Sauce, Italian Bread, Green Beans, Cantaloupe, 1% Milk	Teddy Grahams, 1% Milk

Sullivan County Head Start Menu

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*---- Denotes Fresh Fruit

This institution is an equal opportunity provider