


Sullivan County Head Start/Early Head Start



November 2018 Menu

DATE	BREAKFAST	LUNCH	SNACK
Thursday – 1	Multigrain Cheerios, Bananas*, 1% milk	Chicken Tenders, Sweet potatoes, Mixed Vegetables, Pineapple Tidbits, 1% milk	Goldfish, 1% milk
Friday – 2	CLOSED– In-Service Training – Staff Only	In-Service Training - Staff only - CLOSED	CLOSED - Staff Only
Monday- 5	Scrambled Eggs, Grits, Mandarin oranges, 1% milk	Whole wheat pizza, baby green beans, Apple slices, 1% milk	Wheat Thins, Juicy Juice
Tuesday – 6	Farina, Peaches, 1% milk	Fish sticks, yellow rice, Broccoli, Pears, whole wheat roll, 1% milk	Crispix, 1% milk
Wednesday -7	Wheaties, Strawberries, 1% milk	Macaroni and cheese (whole wheat elbows), Beets, Tropical fruit, 1% milk	Club crackers, cheddar cheese, white grape Juice
Thursday – 8	Pancakes, applesauce, 1% milk	Low sodium Ham and cheese on WG bread, chicken noodle soup, carrot sticks, mixed fruit, 1% milk	Graham crackers, 1% milk
Friday – 9	Oatmeal, Peaches 1% milk	Meatloaf, mashed potatoes, carrot coins, whole wheat roll, tropical fruit, 1% milk	Vanilla yogurt with fruit cocktail, 1% milk
Monday – 12	CLOSED – VETERANS DAY		CLOSED
Tuesday - 13	Whole wheat bagels, low fat cream cheese, bananas, 1% milk	Cheese Ravioli, Broccoli, Garlic Bread, Mixed Fruit, 1%	Orange Slices, 1% milk
Wednesday- 14	French Toast, applesauce, 1% milk	(Waverly Luncheon) Roast Turkey, stuffing, sweet potatoes, green beans, mixed fruit,	Goldfish, 1% milk

		whole wheat dinner rolls 1% milk (Woodbourne lunch) – Grilled cheese on WW bread, tomato soup, cucumber sticks, apple slices*, 1% milk	
Thursday – 15	Chex, Bananas 1 % milk	(Woodbourne Luncheon) Roast Turkey, stuffing, sweet potatoes, green beans, mixed fruit, whole wheat dinner rolls 1% milk (Waverly lunch) – Grilled cheese on WW bread, tomato soup, cucumber sticks, apple slices*, 1% milk	Cottage cheese, Pineapple Tidbits, 1% milk
Friday – 16	Waffles, Strawberries, 1% milk	Sloppy Joe on a whole wheat bun, mixed veggies, apple slices*, 1% milk	Applesauce, 1% Milk
Monday – 19	Multigrain Cheerios, Bananas, 1% milk	Baked Ziti with WG noodles, garlic bread, cucumber slices, mixed fruit, 1% milk	Ritz crackers, 1% milk
Tuesday – 20	Scrambled eggs, whole wheat bread, mandarin oranges, 1% milk	Whole Wheat Pizza with extra cheese, tossed salad, pears, 1% milk	Vanilla yogurt, Peaches, 1% Milk
Wednesday -21	CLOSED –Thanksgiving Holiday	CLOSED	CLOSED
Thursday – 22	CLOSED – Thanksgiving Holiday	HAPPY THANKSGIVING	CLOSED
Friday – 23	CLOSED– Thanksgiving Break	CLOSED	CLOSED
Monday -26	Farina, Peaches, 1% milk	Whole Wheat spaghetti with meatballs, broccoli, mixed fruit, garlic bread, 1% milk	Goldfish, 1% milk
Tuesday – 27	French Toast, applesauce, 1% milk	Sweet and Sour chicken, Yellow Rice, Cauliflower, Pears, whole wheat roll, 1% milk	Animal crackers, 1% milk
Wednesday- 28	Whole Grain muffins, Low fat fruit spread, mixed fruit, 1% milk	Fish Sticks, sweet potato fries, mixed vegetables, 1% milk	Apple slices, 1% milk
Thursday – 29	Scrambled eggs, Mandarin Oranges, Grits, 1% milk	Tuna on whole wheat bread, Minestrone Soup, tropical fruit, 1% milk	Cheese nips, 1% milk
Friday – 30	Life Cereal, Bananas* 1% milk	Turkey Tacos with black beans, lettuce, tomato, low-fat cheddar cheese, carrot sticks, pineapple tidbits, 1% milk	Vanilla Yogurt, strawberries*, 1% milk

SULLIVAN COUNTY HEAD START MENU

2094---0003---0007---0008/*---Denotes Fresh Fruit/This institution is an equal opportunity provider