




SULLIVAN COUNTY HEAD START, INC. MENU - APRIL 2019



Date	Breakfast	Lunch	Snack
Monday - 1	Life Cereal, * Bananas, 1% milk	Grilled cheese on whole wheat bread, Homemade tomato soup with alphabet shaped pasta, green beans, * apple slices, 1% milk	Sliced cucumbers/ranch, Provolone cheese, 100% juicy Juice
Tuesday- 2	Whole wheat French toast, applesauce, 1% milk	Ravioli with extra cheese, Cauliflower, *honeydew, 1% milk	Goldfish crackers, 1% milk
Wednesday- 3	Scrambled eggs, Whole wheat bread, mandarin oranges, 1% milk	Swedish meatballs/gravy, Egg noodles, broccoli, *pears, 1% milk	Low fat vanilla yogurt, *Strawberries, 1% milk
Thursday- 4	Blueberry pancakes, *orange slices, 1% milk	Baked chicken, mashed potatoes, whole wheat dinner roll, Peas, Mixed fruit, 1% milk	Pretzel sticks, cheddar cheese, 1% milk
Friday- 5	Parent teacher conference	Closed	Closed
Monday- 8	Oatmeal, peaches, 1% milk	Chicken Parmesan over whole wheat spaghetti, garlic bread, * apple slices, green beans, 1% milk	Animal crackers, 1% milk

Tuesday - 9	Whole wheat French toast, applesauce, 1% milk	Hamburger with American cheese on whole wheat bun with lettuce, tomato. Sweet potato tots, broccoli, * orange slices, 1% milk	*strawberries and bananas, 1% milk
Wednesday – 10	Corn muffin with 100% fruit spread, *honeydew, 1% milk	Breaded baked fish, Brown rice, carrot coins, *apple slices, 1% milk	Cheese nips, 1% milk
Thursday – 11	Scrambled eggs, Grits, mandarin oranges, 1% milk	Sloppy Joe on whole wheat bun, cucumber slices/ranch dressing, *cantaloupe, 1% milk	Triscuits with American cheese slices, 1% milk
Friday – 12	Mini whole wheat bagels with low fat cream cheese, *Pear slices, 1% milk	Chicken Tenders, Sweet potatoes, cauliflower, tropical fruit, 1% milk	Carrot sticks/ranch dressing, 1% milk
Monday -15 – Friday - 19	Spring Break		
Monday - 22	Pancakes, applesauce, 1% milk	Macaroni and cheese with whole wheat elbow, diced beets, pears, 1% milk	Goldfish crackers, 100% juicy juice
Tuesday- 23	Whole wheat waffles, *blueberries, 1% milk	Tuna/cheddar cheese melt on whole wheat bread, Whole wheat pasta salad, *carrot sticks/ranch, *pears, 1% milk	Lowfat vanilla yogurt, mixed fruit, 1% milk
Wednesday - 24	Kix cereal, *Strawberries, 1% milk	Whole wheat pizza with extra cheese, cauliflower, *apple slices, 1% milk	Animal crackers, applesauce, 1% milk
Thursday – 25	Scrambled eggs with shredded cheddar cheese with whole wheat wraps, mandarin oranges, 1% milk	Sweet & Sour chicken, Brown rice, Broccoli, tropical fruit, 1% milk	*orange slices, 1% milk
Friday -26	Blueberry muffins, *bananas, 1% milk	Homemade beef-a-roni with whole wheat pasta, *tossed salad (lettuce, tomato, cucumbers), Italian bread, * apple slices, 1% milk	Pretzels, 100% apple juice
Monday -29	Yogurt with *fresh mixed berries and cheerios on top, 1% milk	Meatloaf, Mashed potatoes/gravy, whole wheat roll, Green beans, diced pears, 1% milk	Rice chex cereal, *banana, 1% milk
Tuesday – 30	Oatmeal, peaches, 1% milk	Chicken and black bean Quesadilla on whole wheat tortilla, *pears, Broccoli, 1% milk	*apple slices, cheddar cheese, 1% milk

This institution is an equal opportunity provider
SULLIVAN COUNTY HEAD START MENU
2094---0003---0007---0008
*---Denotes Fresh Fruit