



**SULLIVAN COUNTY HEAD START, INC.,  
SERVING HEAD START/EARLY HEAD START/WOODBOURNE/MONTICELLO AND RIVERSIDE  
DECEMBER 2020**

<b>DATE</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
<b>MONDAY 01</b>	<b>OATMEAL, PEACHES, 1% MILK</b>	<b>WHOLE WHEAT ELBOW BEEF-A-RONI, CAULIFLOWER, TROPICAL FRUIT, 1% MILK</b>	<b>GRAHAM CRACKERS, LOW FAT VANILLA YOGURT, 1% MILK</b>
<b>TUESDAY 02</b>	<b>SCRAMBLED EGGS, WHOLE WHEAT TOAST, *BANANAS, ORANGE JUICE, 1% MILK</b>	<b>BAKED CHICKEN, MASHED POTATOES/GRAVY, GREEN BEANS, PEARS, WHOLE WHEAT DINNER ROLL, 1% MILK</b>	<b>MULTIGRAIN CLUB CRACKERS, GRAPE JUICE</b>
<b>WEDNESDAY 03</b>	<b>CORN MUFFINS, FRUIT SPREAD, *APPLE SLICES, 1% MILK</b>	<b>TURKEY SANDWICH ON WHOLE WHEAT BREAD, TOMATO SOUP, *CUCUMBER SLICES/RANCH, FRUIT COCKTAIL, 1% MILK</b>	<b>*ORANGE SLICES, 1% MILK</b>
<b>THURSDAY 04</b>	<b>PANCAKES, APPLESAUCE, 1% MILK</b>	<b>CHICKEN TENDERS, BROWN RICE, MIXED VEGETABLES, FRUIT COCKTAIL, 1% MILK</b>	<b>LOW FAT MOZARELLA CHEESE STICKS, *APPLE SLICES, 1% MILK</b>
<b>FRIDAY 05</b>	<b>SCHOOL CLOSED- PARENT TEACHER CONFERENCE DAY</b>	<b>PLEASE CONTACT YOUR TEACHER PARENT TEACHER CONFERENCE</b>	
<b>MONDAY 07</b>	<b>SCRAMBLED EGGS, GRITS, ORANGE JUICE, 1% MILK</b>	<b>WHOLE WHEAT SPAGHETTI WITH MEATBALLS, *TOSSED SALAD, GARLIC BREAD, MIXED FRUIT, 1% MILK</b>	<b>WHEAT THINS, APPLE JUICE</b>
<b>TUESDAY 08</b>	<b>MULTIGRAIN CHEERIOS, *BANANAS, 1% MILK</b>	<b>BAKED FISH, SWEET POTATOES, TRICOLOR NOODLES, CAULIFLOWER, *APPLES, 1% MILK</b>	<b>TEDDY GRAHAMS, 1% MILK</b>
<b>WEDNESDAY 09</b>	<b>FARINA, *STRAWBERRIES, 1% MILK</b>	<b>MEAT LOAF, MASHED POTATOES/GRAVY, BROCCOLI, WHOLE WHEAT DINNER ROLL, TROPICAL FRUIT, 1% MILK</b>	<b>LOW FAT VANILLA YOGURT, ANIMAL CRACKERS</b>
<b>THURSDAY 10</b>	<b>OATMEAL, PEACHES, 1% MILK</b>	<b>TUNA ON A WHOLE WHEAT PITA, HOMEMADE VEGETABLE SOUP, GREEN BEANS, *ORANGE SLICES, 1% MILK</b>	<b>PRETZELS, 1% MILK</b>
<b>FRIDAY 11</b>	<b>WHOLE WHEAT FRENCH TOAST, FRESH BERRY SAUCE, *BANANA, 1% MILK</b>	<b>CHILI AND BROWN RICE, MIXED VEGETABLES, MANDARIN ORANGES, 1% MILK</b>	<b>GOLDFISH, 1% MILK</b>
<b>MONDAY 14</b>	<b>BLUEBERRY MUFFINS, *BLUEBERRIES, 1% MILK</b>	<b>MEATBALLS WITH GRAVY, WHOLE WHEAT EGG NOODLES, BROCCOLI, PINEAPPLES, 1% MILK</b>	<b>LOW FAT MOZARELLA CHEESE STICKS, CLUB CRACKERS</b>



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<b>PAGE 2 OF 2DATE</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
<b>TUESDAY 15</b>	<b>SCRAMBLED EGGS, GRITS, ORANGE JUICE, 1% MILK</b>	<b>CHEESE RAVIOLI WITH MEATSAUCE, *CUCUMBER SLICES/RANCH, TROPICAL FRUIT, 1%MILK</b>	<b>GRAHAM CRACKERS, 1%MILK</b>
<b>WEDNESDAY 16</b>	<b>WHOLE WHEAT MINI BAGELS, LOW FAT CREAM CHEESE, *BANANA, 1% MILK</b>	<b>BAKED FISH, CARROT COINS, BROWN RICE, MIXED FRUIT. 1%MILK</b>	<b>WHOLE WHEAT RITZ CRACKERS, CRANAPPLE JUICE</b>
<b>THURSDAY 17</b>	<b>CHEX CEREAL, *STRAWBERRIES,1% MILK</b>	<b>EGG SALAD ON WHOLE WHEAT BREAD, HOMEMADE VEGETABLE BEEF SOUP, *CARROTS/RANCH, * APPLES, 1%MILK</b>	<b>LOW FAT VANILLA YOGURT, ANIMAL CRACKERS</b>
<b>FRIDAY 18</b>	<b>OATMEAL, PEACHES, 1% MILK</b>	<b>WHOLE WHEAT PIZZA WITH EXTRA MOZARELLA CHEESE, BROCOLLI, TROPICAL FRUIT, 1%MILK</b>	<b>WHEAT THINS, LOW FAT CHEESE, JUICY JUICE</b>
<b>MONDAY 21</b>	<b>WHOLE WHEAT FRENCH TOAST, APPLESAUCE, 1% MILK</b>	<b>BEEF TACO WITH WHOLE WHEAT WRAP WITH *LETTUCE, *TOMATO, CHEDDAR CHEESE, *CARROT STICKS/RANCH, PEARS, MILK</b>	<b>PRETZELS,1% MILK</b>
<b>TUESDAY 22</b>	<b>SCRAMBLED EGGS, GRITS, MANDARIN ORANGES, 1% MILK</b>	<b>CHICKEN TENDERS, TIRCOLOR NOODLES, MIXED VEGETABLES, *APPLE SLICES, WHOLE WHEAT DINNER ROLL, 1%MILK</b>	<b>GOLDFISH CRACKERS, 1% MILK</b>
<b>WEDNESDAY 23</b>	<b>FARINA, DICED PEACHES, 1% MILK</b>	<b>HOLIDAY DINNER - ROAST PORK, SWEET POTATOES, GREEN BEANS, FRUIT COCKTAIL, DINNER ROLL, 1%MILK</b>	<b>APPLESAUCE CAKE, *APPLES, 1% MILK</b>
<b>THURSDAY DEC 24- MONDAYJAN 4</b>	<b>SCHOOL CLOSED WINTER RECESS</b>	<b>MERRY CHRISTMAS! HAPPY CHANUCHAH! HAPPY KWANNZA! HAPPY HOLIDAYS</b>	<b>SCHOOL CLOSED WINTER RECESS</b>

\*Denotes Fresh Fruit/1% milk also offered at each meal/1/2 slice whole wheat bread will be offered as a substitute for the starch at the meal/water is offered at each meal