



Sullivan County Head Start/Early Head Start December 2020 remote learning

SULLIVAN COUNTY HEAD START MENU
2094---0003---0007---0008

Date	Breakfast	Lunch	Snack
Monday	Whole wheat bagel, low fat cream cheese, *orange, 1% milk	Dec 1 whole wheat elbow macaroni Beef a roni, Cauliflower, celery sticks/ranch, *apple, 1% milk	Pretzels, 100% apple juice
Tuesday	Whole grain rice krispy cereal, *pear, 1% milk	Ham and cheddar on whole wheat bread, *orange, *Carrot/Ranch, 1% milk	Whole wheat saltine crackers, 1% milk
Wednesday	Cheerios, *Banana, 1% milk	Turkey and muenster on whole wheat bread, *apple, *carrot sticks/ranch, 1% milk	Cheese it crackers, 1% milk
Thursday	Blueberry muffin, *Banana, 1% milk	Chicken salad on whole wheat bread, Celery sticks, *pears, 1% milk	Pretzels, 100% grape juice
Friday	Corn muffin, *apple, 1% milk	Whole grain pancakes, low fat mozzarella stick, applesauce, carrots/ranch, 1% milk	Low fat Vanilla yogurt, *pear
Monday	Hard boiled eggs, *orange, 1% milk	Dec 7 – Whole wheat spaghetti and meatballs, *tossed salad, *apple, 1% milk	Teddy grahams, 1% milk
Tuesday	Whole wheat bagels/low fat cream cheese, *Orange, 1% milk	Tuna salad Whole wheat bread, *pear, *carrot sticks/ranch, 1% milk	Goldfish crackers, orange, 100 % pineapple juice
Wednesday	Kix cereal, *banana, 1% milk	Turkey and muenster cheese on whole wheat bread, *apple, *carrot sticks/Ranch, 1% milk	Pretzels, 1% milk
Thursday	Blueberry muffin, *banana, 1% milk	Egg salad on whole wheat bread, *celery sticks/Ranch, 1% milk	Low fat vanilla yogurt *apple, 1% milk
Friday	Corn muffins with 100 % fruit spread, orange juice, 1% milk	Ham and Cheddar on whole wheat bread, *Orange, carrots, 1% milk	Cheese it crackers, 1% milk
Each Monday we will serve a hot meal to be reheated at home	*Denotes Fresh Fruit This institution is an equal opportunity provider	<i>Monday Dec 14th – Meatballs and gravy over whole wheat egg noodles, carrot sticks/ranch, *orange, 1% milk</i> <i>Monday Dec 21st holiday dinner – roast pork, sweet potatoes, green beans, whole wheat dinner roll *apple, 1% milk</i>	