



**SULLIVAN COUNTY HEAD START, INC.,
SERVING HEAD START/EARLY HEAD START/WOODBOURNE/MONTICELLO AND RIVERSIDE
DECEMBER 2021**

DATE	BREAKFAST	LUNCH	SNACK
Wednesday 12/01	OATMEAL, PEACHES, 1%MILK	WHOLE WHEAT ELBOW BEEF-A-RONI, CAULIFLOWER, TROPICAL FRUIT, 1%MILK	GRAHAM CRACKERS, LOW FAT VANILLA YOGURT
Thursday 12/02	SCRAMBLED EGGS, WHOLE WHEAT TOAST, *BANANAS, 1%MILK	BAKED CHICKEN, MASHED POTATOES/GRAVY, GREEN BEANS, PEARS, WHOLE WHEAT DINNER ROLL, 1%MILK	MULTIGRAIN CLUB CRACKERS, GRAPE JUICE
Friday 12/03	CORN MUFFINS, FRUIT SPREAD, *APPLE SLICES, 1%MILK	TURKEY SANDWICH ON WHOLE WHEAT BREAD, TOMATO SOUP,*CUCUMBER SLICES/RANCH, FRUIT COCKTAIL,1% MILK	*ORANGE SLICES, MILK
Monday 12/06	PANCAKES, APPLESAUCE, 1%MILK	CHICKEN TENDERS, BROWN RICE, MIXED VEGETABLES, FRUIT COCKTAIL, MILK	LOW FAT MOZARELLA CHEESE STICKS, *APPLE SLICES
Tuesday 12/07	OATMEAL, PEACHES, 1%MILK	TUNA ON A WHOLE WHEAT PITA, HOMEMADE VEGETABLE SOUP, GREEN BEANS, *ORANGE, 1%MILK	PRETZELS, 1%MILK
Wednesday 12/08	SCRAMBLED EGGS, GRITS, MANDARIN ORANGES,1%MILK	WHOLE WHEAT SPAGHETTI WITH MEATBALLS, *TOSSED SALAD, GARLIC BREAD, MIXED FRUIT, 1%MILK	WHEAT THINS, APPLE JUICE
Thursday 12/09	MULTIGRAIN CHEERIOS, *BANANAS, 1%MILK	BAKED FISH, SWEET POTATOES, TRICOLOR NOODLES, CAULIFLOWER, *APPLES, 1%MILK	TEDDY GRAHAMS, 1%MILK
Friday 12/10	SCHOOL CLOSED- PARENT TEACHER CONFERENCE DAY	PLEASE CONTACT YOUR TEACHER PARENT TEACHER CONFERENCE	
Monday 12/13	FARINA, *STRAWBERRIES, 1% MILK	SLICES MEAT LOAF, MASHED POTATOES/GRAVY, BROCCOLI, WHOLE WHEAT DINNER ROLL, TROPICAL FRUIT, 1%MILK	LOW FAT VANILLA YOGURT, ANIMAL CRACKERS
Tuesday 12/14	WHOLE WHEAT FRENCH TOAST, FRESH BERRY SAUCE, *BANANA, MILK	CHILI AND BROWN RICE, MIXED VEGETABLES, MANDARIN ORANGES, 1%MILK	GOLDFISH, 1%MILK
Wednesday 12/15	BLUEBERRY MUFFINS, *BLUEBERRIES, 1% MILK	MEATBALLS WITH GRAVY, WHOLE WHEAT EGG NOODLES, BROCCOLI, PINEAPPLES, 1%MILK	LOW FAT MOZARELLA CHEESE STICKS, CLUB CRACKERS



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PAGE 2 OF 2DATE	BREAKFAST	LUNCH	SNACK
Thursday 12/16	SCRAMBLED EGGS, GRITS, ORANGE JUICE, 1%MILK	CHEESE RAVIOLI WITH MEATSAUCE, WHOLE WHEAT BREAD, *CUCUMBER SLICES/RANCH, TROPICAL FRUIT, 1%MILK	GRAHAM CRACKERS, 1%MILK
Friday 12/17	SCRAMBLED EGGS, GRITS, MANDARIN ORANGES, 1%MILK	BAKED FISH, CARROT COINS, BROWN RICE, MIXED FRUIT. 1%MILK	WHOLE WHEAT RITZ CRACKERS, CRANAPPLE JUICE
Monday 12/20	CHEX CEREAL, *STRAWBERRIES,1%MILK	EGG SALAD ON WHOLE WHEAT BREAD, HOMEMADE VEGETABLE BEEF SOUP, *CARROTS/RANCH, * APPLES, 1%MILK	LOW FAT VANILLA YOGURT, ANIMAL CRACKERS
Tuesday 12/21	WHOLE WHEAT FRENCH TOAST, APPLESAUCE, 1%MILK	BEEF TACO WITH WHOLE WHEAT WRAP WITH *LETTUCE, *TOMATO, CHEDDAR CHEESE, *CARROT STICKS/RANCH, PEARS, MILK	PRETZELS,1%MILK
Wednesday 12/22	WHOLE WHEAT MINI BAGELS, LOW FAT CREAM CHEESE, *BANANA, 1% MILK	Whole wheat lasagna with Mozarella cheese and meat sauce, Garlic bread, *Tossed salad with Italian dressing, *APPLE SLICES, WHOLE WHEAT DINNER ROLL, 1%MILK	GOLDFISH CRACKERS, 1%MILK
Thursday 12/23-12/31	SCHOOL CLOSED WINTER RECESS	MERRY CHRISTMAS! HAPPY CHANUCHAH! HAPPY KWANZZA! HAPPY HOLIDAYS	SCHOOL CLOSED WINTER RECESS

*** Denotes Fresh

*** 1% Milk also offered at each meal

***½ slice whole wheat bread will be offered as a substitute for the starch at the meal

** Water is offered at each meal

BGW: _____