

SULLIVAN COUNTY HEAD START/EARLY HEAD START
APRIL 2022 MENU



DATE	BREAKFAST	LUNCH	SNACK
Friday 4/1	Life cereal, *pears, 1% milk	Homemade beef-a-roni with whole wheat elbow noodles, Mandarin oranges, Broccoli, 1% milk	Gold Fish, 1% Milk
Monday 4/4	Corn muffins, pineapple tidbits, 1% milk	Chicken tenders, mashed potatoes, whole wheat bread, green beans, *apple slices, 1% milk	Muenster cheese cubes, wheat thins 1% milk
Tuesday 4/5	Whole grain pancakes, *blueberries, 1% milk	Baked fish, Brown rice, corn, *orange slices, whole wheat dinner roll, 1% milk	Animal crackers, 1% milk
Wednesday 4/6	Whole wheat English muffins, 100% fruit spread, Mixed fruit, 1% milk	Hamburger on whole wheat bun, *carrots with ranch dressing, diced peaches, 1% milk	Low Fat Vanilla Yogurt, Peaches
Thursday 4/7	Vegetable quiche, turkey sausage, *orange slices, 1% milk	Whole wheat pizza with extra mozzarella cheese, *tossed salad with Italian dressing, Mixed fruit, 1% milk	Ritz Crackers, White Grape Juice
Friday 4/8	CLOSED PARENT/TEACHER CONFERENCES		
Monday 4/11	Scrambled eggs, Turkey bacon, mandarin oranges, whole wheat biscuit, 1% milk	Grilled Turkey and cheese on whole wheat bread, Homemade Vegetable soup, *baby carrots/ranch, *apple slices, 1% milk	Pretzels, apple juice
Tuesday 4/12	Oatmeal, Strawberries, 1% milk	Meat chili, Brown rice, corn, *orange slices, 1% milk	Graham Crackers, 1% Milk
Wednesday 4/13	Blueberry muffins, *banana, 1% milk	Sloppy joe on whole wheat bun, Sweet potato fries, green beans, pineapple tidbits, 1% milk	*Orange Slices, 1% Milk
Thursday 4/14	Waffles, mixed berries, 1% milk	Chicken alfredo over whole wheat spaghetti, broccoli, *orange slices, 1% milk	Gold fish crackers, 1% milk
Friday 4/15 – Friday 4/22	CLOSED FOR THE WEEK - EASTER BREAK		

Monday 4/25	Farina, diced peaches, 1% milk	Chicken tenders, oven baked French fries, mixed vegetables, whole wheat dinner roll, *cucumber slices/ranch, *honeydew melon, 1% milk	Animal Crackers, 1% Milk
Tuesday 4/26	Turkey sausage/ White sauce/ whole wheat biscuit, mandarin oranges, 1% milk	Ground beef tacos on whole wheat wrap, *lettuce, tomato, Shredded cheddar cheese, salsa, *apple slices, corn, 1% milk	Lowfat Vanilla Yogurt, Peaches, 1% milk
Wednesday 4/27	Multigrain cheerios, *banana, 1% milk	Baked fish, whole wheat bun, tri color noodles, carrot coins, *strawberries, 1% milk	*orange slices, 1% Milk
Thursday 4/28	Scrambled eggs with diced ham, Whole wheat toast, *oranges, 1% milk	Chicken and melted cheddar cheese on whole wheat wrap, Mixed fruit, *cucumber slices/ranch. 1% milk	Triscuits, 1% Milk
Friday 4/29	Pancakes, applesauce, 1% milk	Cheese burger on whole wheat bun, Oven baked potatoes, *broccoli, *orange slices, 1% milk	Cheddar Cheese, *Apple Slices,

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***---- Denotes Fresh Fruit**