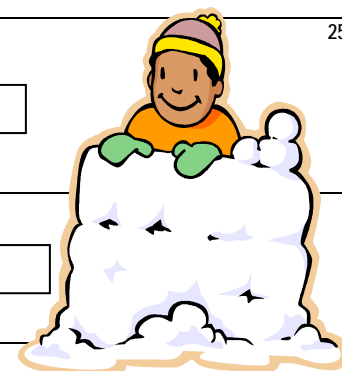


SEATTLE PUBLIC SCHOOLS - **HEAD START MENU** (revised 11-4-09)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Pancake on a Stick, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Whole Wheat Cinnamon Roll (<i>no icing</i>), ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Hot Pocket w/ Turkey Sausage & Egg, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Whole Wheat Bagels w/ Cream Cheese, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	
December, 2009	1 Vegetarian Chili w/ Cheddar Cheese & Corn Tortilla Chips Garden Salad w/ Ranch Dressing Cucumber Coins Milk Snack: Juicy Orange Wedges, Graham Crackers & Water	2 Turkey Ham & Cheese Melt on Multigrain Bun Fresh Jicama An Jou Pear Wedges Milk Snack: Honey & Oat Goldfish & Milk	3 Breakfast for Lunch Belgian Waffle Sticks w/ Beef Sausage Grape Tomatoes Petite Banana Milk Snack: Cheddar Cheese Square, Saltine Crackers (2) & Water	4 Indian Chicken Curry w/ Steamed Brown Rice Garden Salad w/ Ranch Dressing Carrot Coins Milk Snack: Whole Wheat Bagels (2) w/ Cream Cheese & 4 oz. Juice	
	Assorted Cold or Hot Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Fruit Filled Breakfast Bar, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Mini Pancakes w/ Scrambled Eggs, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk	Egg & Cheese Breakfast Biscuit, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk	Assorted Cold or Hot Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk
	7 Chicken Drumsticks w/ Seasoned Oven Potatoes Baby Carrots Apple Slices Milk Snack: Cinnamon Elf Grahams & Milk	8 Whole Grain Cheese Pizza Garden Salad w/ Ranch Dressing Juicy Orange Wedges Milk Snack: Crisp Apple, String Cheese & Water	9 Teriyaki Chicken w/ Fried Brown Rice Bell Pepper Strips Kool Kiwi Fruit Milk Snack: Fruit Muffin & Milk	10 Roast Turkey Gravy w/ Mashed Potatoes Cucumber Coins, Fresh Satsuma Whole Wheat Dinner Roll Milk Snack: Kix Cereal & Milk	11 Whole Grain Turkey Corndog Garden Salad w/ Ranch Dressing Chilled Pears Milk Snack: Vanilla Sporty Snacks & 4 oz. Juice
	Assorted Cold or Hot Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Belgian Waffles, Beef Sausage, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk	Egg & Cheese Breakfast Burrito, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Bagel-ful w/ Cream Cheese Filing, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Assorted Cold or Hot Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk
	14 Chicken Nuggets w/ Hot Corn Niblets Baby Carrots Crisp Apple Wedges Milk Snack: Mini Animal Crackers & Milk	15 Chili & Cheese Wrap Garden Salad w/ Ranch Dressing Kool Kiwi Fruit Milk Snack: Cheddar Cheese Square, Saltine Crackers (2) & Water	16 Beef Teriyaki Dippers w/ Steamed Brown Rice Broccoli Florets Fresh An Jou Pear Milk Snack: Snickerdoodle Cookie & Milk	17 Turkey & Cheese Wrap w/ Shredded Lettuce Carrot Coins Fresh Seasonal Fruit Milk Snack: Bagel-ful & 4 oz. Juice	18 Bean & Cheese Burrito w/ Chunky Salsa Garden Salad w/ Ranch Dressing Chilled Applesauce Milk Snack: Rice Krispies & Milk
21	22	23	24	25	
Winter Break! Seattle Schools closed.					
28	29	30	31		
Winter Break! Seattle Schools reopen Monday, January 4, 2010.					



F.Y.I.

Head Start Menu Notes:

- Assorted Cold Cereal will include Wheaties, Kix (regular), and Rice Krispies. Milk is provided at Breakfast, Lunch and Snack in a 8 oz. serving.
- Breakfast fruit may include a variety of canned fruits (peaches, pears, applesauce or mixed fruit) and seasonal fruit (apples, pears, kiwi, oranges, grapes, & bananas).
- Juice will include a variety of 4 oz. 100% Fruit Juice (Apple or Orange). Yogurt is lactose, gluten, gelatin & rBST hormone free product.
- Water to be provided by Head Start classroom staff.