



SEATTLE PUBLIC SCHOOLS HEAD START MENU

January, 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cold Cereal, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Egg & Turkey Sausage Tac-Go w/ Salsa ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	French Toast Sticks, ½ Slice Whole Wheat Toast, Chilled Applesauce & Milk	Cheddar Cheese Omelet, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Pancake on a Stick, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk
7 Deep Dish Cheese Pizza Chilled Mixed Fruit <i>Locally Grown Sweet Apple Wedges</i> Milk <i>Snack: Cinnamon Bug Bites & Milk</i>	8 Chicken Nuggets w/ Oven Baked Potato Wedges Juicy Orange Wedges Saltine Crackers (2) Milk <i>Snack: Vanilla Sporty Snacks & 4 oz. Juice</i>	9 Italian Hot Pocket Garden Salad w/ Reduced Fat Ranch Baby Carrots <i>½ Banana</i> Milk <i>Snack: Homemade Oatmeal Choc Chip Cookie & Milk</i>	10 Black Beans & Rice w/ Cheddar Cheese Garden Salad w/ Reduced Fat Ranch Chilled Applesauce Milk <i>Snack: Kix Cereal & Milk</i>	11 Hamburger on Multigrain Bun w/ Oven Baked Potato Wedges Creamy Coleslaw w/ Purple Cabbage Chilled Pears Milk <i>Snack: Strawberry Bageler & Milk</i>
Assorted Cold Cereal, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Egg & Cheese Breakfast Biscuit, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Mini Pancakes, Scrambled Eggs, ½ Slice Whole Wheat Toast, Chilled Applesauce & Milk	Egg & Cheese Burrito w/ Salsa ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	½ Cinnamon Roll (no icing), String Cheese, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk
14 Chicken Drumsticks w/ Hot Corn Niblets Baby Carrots Chilled Peaches Milk <i>Snack: Kool Kiwi Fruit, Graham Crackers & Water</i>	15 Hot Turkey Ham & Cheese on Multigrain Bun Cucumber Coins Juicy Orange Wedges Milk <i>Snack: Goldfish Grahams & Milk</i>	16 Teriyaki Chicken Bites w/ Steamed Brown Rice Carrot Coins <i>Locally Grown Plump Pear</i> Milk <i>Snack: Animal Crackers & Milk</i>	17 Roast Turkey Tetrazzini Garden Salad w/ Reduced Fat Ranch Chilled Mixed Fruit Milk <i>Snack: Small Whole Wheat Roll, Cheddar Cheese Square & Water</i>	18 Beef Ravioli w/ Meat Sauce Garden Salad w/ Reduced Fat Ranch Seasonal Fresh Fruit Saltine Crackers (2) Milk <i>Snack: Goldfish Crackers & 4 oz. Juice</i>
	Assorted Cold Cereal, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	French Toast Sticks, ½ Slice Whole Wheat Toast, Chilled Mixed Fruit & Milk	Egg & Cheese Breakfast Muffin, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Assorted Cold Cereal, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk
21 Seattle Public Schools Closed Today 	22 Fish Nuggets w/ Oven Baked Potato Wedges Broccoli Florets w/ Reduced Fat Ranch <i>Locally Grown Tart Apple Wedges</i> Milk <i>Snack: Scooby Snacks & Milk</i>	23 Chicken Hot Dog w/ Mustard Hot Corn Niblets Garden Salad w/ Reduced Fat Ranch Chilled Applesauce Milk <i>Snack: Fresh Pear Wedges, Graham Cracker & Water</i>	24 Mozzarella Cheese Breadsticks w/ Marinara Sauce Baby Carrots Juicy Orange Wedges Milk <i>Snack: Homemade Spice Bar & Milk</i>	25 Cuban Ethnic Meal Arroz Con Polo w/ Yellow Rice Garden Salad w/ Reduced Fat Ranch Chilled Tropical Fruit Salad Milk <i>Snack: Fruit Muffin & 4 oz. Juice</i>
	Assorted Cold Cereal, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Egg, Cheese & Turkey Sausage Breakfast Stick, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Pancake on a Stick, ½ Slice Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	
28 Seattle Public Schools Closed Today 	29 Deep Dish Cheese Pizza Baby Carrots & Broccoli w/ Reduced Fat Ranch Chilled Peaches Milk <i>Snack: Giant Cinnamon Goldfish Graham & Milk</i>	30 Chicken Nuggets w/ Oven Baked Potato Wedges Kool Kiwi Fruit Saltine Crackers (2) Milk <i>Snack: Rice Krispies & Milk</i>	31 Beef Teriyaki Dippers w/ Steamed Brown Rice Bell Pepper Strips Chilled Pineapple Milk <i>Snack: Munchie Kids Snacks & 4 oz. Juice</i>	

Head Start Menu Notes:

- Assorted Cold Cereal will include a selection of Cheerios, Kix (regular), and Rice Krispies.
- Breakfast fruit will include a variety of canned fruits (peaches, pears, applesauce, pineapple or mixed fruit) and fresh seasonal fruit (apples, pears, kiwi, grapes, bananas, etc.).
- Juice will include a variety of 100% Fruit Juice (Apple, Orange, Pineapple or Grape). Water to be provided by Head Start classroom staff.
- Fruit Yogurt is an all natural, gluten and gelatin free product available in a variety of flavors (fruit & vanilla). Milk is rBST Hormone Free.

(Menu Subject to Change)

