

SEATTLE PUBLIC SCHOOLS HEAD START MENU

June, 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Egg & Cheese Breakfast Burrito w/ Salsa, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Mini Pancakes, Beef Sausage, ½ Slice 100% Whole Wheat Toast, Chilled Pears & Milk	Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk
2 Chicken Nuggets w/ Oven Baked Potato Wedges Garden Salad w/ Reduced Fat Ranch Baby Carrots Saltine Crackers (2 ea.) Milk <i>Snack: Kook Kiwi Fruit, Graham Crackers & Water</i>	3 Pasta w/ Meat Sauce Garden Salad w/ Reduced Fat Ranch Juicy Orange Wedges Whole Wheat Dinner Roll Milk <i>Snack: Cheddar Cheese Square, Saltine Crackers (2) & Water</i>	4 Breaded Fish Sandwich on Multigrain Bun w/ Tartar Sauce Coleslaw w/ Purple Cabbage ½ Banana Milk <i>Snack: Vanilla Sporty Snacks & Milk</i>	5 Roast Turkey Tetrazzini w/ Green Beans Garden Salad w/ Reduced Fat Ranch Chilled Peaches Milk <i>Snack: Fresh Baked Cookie & Milk</i>	6 Mozzarella Cheese Breadsticks w/ Marinara Dipping Sauce Baby Carrots Chilled Mixed Fruit Milk <i>Snack: Cinnamon Elf Grahams & 4 oz. Juice</i>
Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	French Toast Sticks, ½ Slice 100% Whole Wheat Toast, Chilled Mixed Fruit & Milk	Egg & Turkey Sausage Tac-Go w/ Salsa, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Pancake on a Stick, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Small Cinnamon Roll (no icing), ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk
9 Whole Grain Turkey Corndog w/ Mustard Garden Salad w/ Reduced Fat Ranch Seedless Grapes Milk <i>Snack: Kix Cereal & Milk</i>	10 Breaded Chicken Burger on Multigrain Bun Garden Salad w/ Reduced Fat Ranch Cucumber Coins Kool Kiwi Fruit Milk <i>Snack: Plump Raisins, Graham Crackers & Water</i>	11 Beef Teriyaki Dippers w/ Steamed Brown Rice Carrot Coins Fresh Pear Milk <i>Snack: Animal Crackers & Milk</i>	12 Soft Taco w/ Seasoned Beef, Beans & Cheddar Cheese Broccoli Florets w/ Reduced Fat Ranch Seasonal Fresh Fruit Milk <i>Snack: Cinnamon Grahams & 4 oz. Juice</i>	13 Fish Nuggets w/ Oven Baked Potato Wedges Garden Salad w/ Reduced Fat Ranch Baby Carrots Milk <i>Snack: Whole Grain Bageler & Milk</i>
Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Best wishes for a fun, active & safe summer!		
16 Turkey Ham & Cheese Wrap w/ Shredded Lettuce Cucumber Coins Crisp Washington Apple Wedges Milk <i>Snack: Goldfish Pretzels & 4 oz. Juice</i>	17 Toasted Cheese Sandwich Garden Salad w/ Reduced Fat Ranch Baby Carrots Chilled Fruit Milk <i>Snack: Got Milk Cookies & Milk</i>			

(Menu Subject to Change)

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.

