

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cold or Hot Cereal, 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	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
2	3	4	5	6
Beef Ravioli Fresh Broccoli Seedless Grapes Whole Wheat Roll Milk Snack: <i>Whole Grain Cheddar Goldfish & 4 oz. Juice</i>	Vegetarian Chili w/ Corn Tortilla Chips & Cheddar Cheese Garden Salad w/ Ranch Dressing Cucumber Coins Milk Snack: <i>Juicy Orange Wedges, Graham Crackers & Water</i>	Bean & Cheese Burrito w/ Chunky Salsa Bell Pepper Strips Fresh An Jou Pear Milk Snack: <i>Cinnamon Elf Grahams & Milk</i>	<u>Breakfast for Lunch</u> Grilled French Toast Sticks w/ Beef Sausage Grape Tomatoes Petite Banana Milk Snack: <i>Cheddar Cheese Square, Saltine Crackers (2) & Water</i>	Homemade Roast Turkey Tetrazzini Garden Salad w/ Ranch Dressing Carrot Coins Milk Snack: <i>Whole Wheat Bagels (2) w/ Cream Cheese & 4 oz. Juice</i>
Assorted Cold or Hot Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Blueberry Mini Loaf, 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	Cheese Omelet, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk
9	10	11	12	13
Chicken Drumsticks w/ Seasoned Oven Potatoes Baby Carrots Kool Kiwi Fruit Milk Snack: <i>Vanilla Sporty Snacks & Milk</i>	Cheese Quesadilla w/ Chunky Salsa Garden Salad w/ Ranch Dressing Cauliflower Crowns Milk Snack: <i>Crisp Apple, String Cheese & Water</i>	Veteran's Day Holiday No School	Teriyaki Chicken w/ Fried Brown Rice Cucumber Coins Juicy Orange Wedges Milk Snack: <i>Fruit Muffin & Milk</i>	Homemade Macaroni & Cheese Garden Salad w/ Ranch Dressing Chilled Mixed Fruit Milk Snack: <i>Kix Cereal & Milk</i>
Assorted Cold or Hot Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Grilled French Toast Sticks, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk	Low-fat Yogurt, Blueberry Muffin Square, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk	Egg & Cheese Breakfast Burrito, 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
16	17	18	19	20
Chicken Nuggets w/ Hot Corn Niblets Fresh Broccoli Sliced Apples Milk Snack: <i>Giant Goldfish Grahams & Milk</i>	Breaded Fish Nuggets w/ Seasoned Oven Potatoes Baby Carrots Kool Kiwi Fruit Milk Snack: <i>Bagel-ful & 4 oz. Juice</i>	Mozzarella Cheese Breadsticks w/ Marinara Dipping Sauce Garden Salad w/ Ranch Dressing Fresh An Jou Pear Milk Snack: <i>Blueberry Muffin Square & Milk</i>	Roast Turkey Gravy w/ Mashed Potatoes Cucumber Coins, Fresh Satsuma Whole Wheat Dinner Roll Milk Snack: <i>Low-fat Yogurt, Graham Crackers & Water</i>	Bean & Cheese Burrito w/ Chunky Salsa Garden Salad w/ Ranch Dressing Seasonal Fresh Fruit Milk Snack: <i>Animal Crackers & Milk</i>
23	24	25	26	27
Thanksgiving Holiday				
All Seattle K-5 & K-8 schools closed				
Assorted Cold or Hot Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice & Milk				
30				
Whole Grain Cheese Pizza Baby Carrots Crisp Washington Apple Milk Snack: <i>Cinnamon Bug Bites & Milk</i>				

November, 2009



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.