



## SEATTLE PUBLIC SCHOOLS - HEAD START MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Egg & Cheese Breakfast Muffin, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk
			1	2
			Teriyaki Chicken w/ Fried Brown Rice Garden Salad w/ Ranch Dressing Bell Pepper Strips Milk <i>Snack: Fruit Muffin &amp; 4 oz Juice</i>	Whole Grain Turkey Corndog w/ Mustard Baby Carrots Chilled Mixed Fruit Milk <i>Snack: Kix Cereal &amp; Milk</i>
			3	4
Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Grilled French Toast Sticks, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk	Whole Grain Bagel-ful w/ Cream Cheese, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	
5	6	7	8	9
Chicken Nuggets w/ Hot Corn Niblets Baby Carrots Kool Kiwi Fruit Milk <i>Snack: GIANT Honey &amp; Oat Goldfish &amp; Milk</i>	Chili & Cheese Wrap Garden Salad w/ Ranch Dressing Cucumber Coins Milk <i>Snack: Crisp Apple Wedges, String Cheese &amp; Water</i>	Mozzarella Cheese Breadsticks w/ Marinara Dipping Sauce Sugar Snap Peas Seedless Grapes Milk <i>Snack: Bagel-ful &amp; 4 oz. Juice</i>	Nachos w/ Seasoned Beef & Beans, Jalapeño Cheese Sauce Baby Carrots Chilled Applesauce Milk <i>Snack: Small Yogurt, Graham Crackers &amp; Water</i>	<i>Professional Development Day Seattle Public Schools closed</i>
Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Pancake on a Stick, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Whole Wheat Cinnamon Roll ( <i>no icing</i> ), ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Hot Pocket w/ Turkey Sausage & Egg, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Whole Wheat Bagels w/ Cream Cheese, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk
12	13	14	15	16
Beef Ravioli Garden Salad w/ Ranch Dressing Crisp Washington Apple Whole Wheat Roll Milk <i>Snack: Mini Animal Crackers &amp; Milk</i>	Bean & Cheese Burrito Cauliflower Crowns Kool Kiwi Fruit Milk <i>Snack: Snickerdoodle Cookie &amp; Milk</i>	Breaded Fish Nuggets w/ Seasoned Oven Potatoes Creamy Coleslaw Banana (1/2) Milk <i>Snack: Cheddar Cheese, Saltine Crackers &amp; Water</i>	<u>Breakfast for Lunch</u> Belgian Waffle Sticks w/ Beef Sausage Cherry Tomatoes Chilled Applesauce Milk <i>Snack: Plump Raisins, Graham Crackers &amp; Water</i>	Turkey Tetrassini Garden Salad w/ Ranch Dressing Chilled Peaches Milk <i>Snack: Whole Grain Cheddar Goldfish &amp; Milk</i>
Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Breakfast Bar w/ Fruit Filling, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Mini Pancakes, Scrambled Eggs, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk	Egg & Cheese Breakfast Biscuit, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk
19	20	21	22	23
Chicken Drumsticks w/ Seasoned Oven Potatoes Baby Carrots Seedless Grapes Milk <i>Snack: Cinnamon Bug Bites &amp; Milk</i>	Whole Grain Cheese Pizza Garden Salad w/ Ranch Dressing Sliced Washington Apples Milk <i>Snack: Cinnamon Goldfish Grahams &amp; 4 oz. Juice</i>	Beef Soft Taco w/ Cheddar Cheese Jicama Sticks Kool Kiwi Fruit Milk <i>Snack: Small Yogurt, Dried Cherries &amp; Water</i>	Breaded Fish Sandwich on Multigrain Bun w/ Tartar Sauce Garden Salad w/ Ranch Dressing Sugar Snap Peas Milk <i>Snack: Petite Banana, Graham Crackers &amp; Water</i>	Chicken Hot Dog w/ Mustard Hot Corn Niblets Garden Salad w/ Ranch Dressing Chilled Mixed Fruit Milk <i>Snack: Wheaties &amp; Milk</i>
Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Belgian Waffles, Beef Sausage, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk	Lowfat Yogurt, Fruit Muffin, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Egg & Cheese Breakfast Burrito, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk	Whole Grain Bagel-ful w/ Cream Cheese, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk
26	27	28	29	30
Chicken Nuggets w/ Seasoned Oven Potatoes Baby Carrots Crisp Washington Apple Milk <i>Snack: GIANT Honey &amp; Oat Goldfish &amp; Milk</i>	Breaded Chicken Burger on Multigrain Bun Garden Salad w/ Ranch Dressing Broccoli Florets Milk <i>Snack: Orange Wedges, String Cheese &amp; Water</i>	Beef Teriyaki Dippers w/ Steamed Brown Rice Cherry Tomatoes Kool Kiwi Fruit Milk <i>Snack: Fruit Muffin &amp; Milk</i>	Somali Spaghetti w/ Meat Sauce Garden Salad w/ Ranch Dressing Cucumber Coins Milk <i>Snack: Mini Animal Crackers &amp; 4 oz Juice</i>	Roast Turkey & Cheese Wrap w/ Shredded Lettuce & Cabbage Baby Carrots Chilled Applesauce Milk <i>Snack: Small Brownie &amp; Milk</i>



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.