

**SEATTLE PUBLIC SCHOOLS \*\*HEAD START MENU\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>September, 2008</b></p> <p align="center"><u>Sept. 3<sup>rd</sup></u> Breakfast, Lunch &amp; PM Snack served at the following all day Head Start sites: Dunlap YWCA program Thurgood Marshall YMCA program Concord YMCA program</p>	<p align="center"><u>Starting Tuesday, Sept. 16!</u> Breakfast, Lunch &amp; PM Snack served at all Head Start sites:</p> <p>Brighton (1 AM/1 PM), Broadview Thompson (1 AM/1 PM), Concord (1 AM/1 PM), Dunlap (1 AM/1 PM), Emerson (AM), Highland Park (1 AM/1 PM), Northgate (1 AM/1 PM), Olympic Hills (2 AM, 1 PM), Roxhill (1AM, 2 PM) &amp; West Seattle Elem. (1 AM/1 PM)</p>	<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Pancake on a Stick, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>
	<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Mini Pancakes, Scrambled Eggs, ½ Slice 100% Whole Wheat Toast, Chilled Peaches &amp; Milk</p>	<p>Cheddar Cheese Omelet, ½ Slice 100% Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Egg &amp; Turkey Sausage Tac-Go ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>
<p>Bean &amp; Cheese Burrito w/ Salsa Garden Salad w/ Ranch Dressing Kool Kiwi Fruit Milk  <i>Snack: Homemade Applesauce Square &amp; Milk</i></p>	<p>Beef Teriyaki Dippers w/ Steamed Brown Rice Garden Salad w/ Ranch Dressing Fresh Broccoli Milk <i>Snack: Juicy Orange Wedges, Saltine Crackers &amp; Water</i></p>	<p>Nachos w/ Seasoned Beef &amp; Beans &amp; Jalapeño Cheese Sauce <i>Local</i> Baby Carrots Petite Banana Milk <i>Snack: Cinnamon Grahams &amp; 4 oz. Fruit Juice</i></p>	<p align="center"><b>Breakfast for Lunch</b></p> <p>Egg, Turkey Ham &amp; Cheese Muffin <i>Local</i> Cucumber Coins Strawberry Cup Milk  <i>Snack: 4 oz. Yogurt, Graham Crackers &amp; Water</i></p>	<p>Spaghetti w/ Marinara Sauce Mozzarella String Cheese Garden Salad w/ Dressing Chilled Peaches Milk <i>Snack: Kix Cereal &amp; Milk</i></p>
<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Belgian Waffle, Beef Sausage, ½ Slice 100% Whole Wheat Toast, Chilled Peaches &amp; Milk</p>	<p>Egg &amp; Cheese Breakfast Biscuit ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Pancake on a Stick, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>French Toast Sticks, ½ Slice 100% Whole Wheat Toast, Chilled Fruit &amp; Milk</p>
<p>Whole Grain Turkey Corndog w/ Mustard Garden Salad w/ Ranch Dressing Seedless Grapes Milk <i>Snack: Cinnamon Bug Bites &amp; Milk</i></p>	<p>Mozzarella Cheese Breadsticks w/ Marinara Sauce <i>Local</i> Cucumber Coins <i>Local</i> Pluot Milk <i>Snack: Homemade Oatmeal Chocolate Chip Cookie &amp; Milk</i></p>	<p>Beef Ravioli w/ Meat Sauce Green Beans Garden Salad w/ Ranch Dressing Goldfish Crackers Milk <i>Snack: Petite Banana, Graham Crackers &amp; Water</i></p>	<p>Vietnamese Sandwich w/ Turkey Ham, Carrot-Radish Slaw Sugar Snap Peas Tropical Fruit Salad Milk  <i>Snack: Whole Grain Bageler &amp; Milk</i></p>	<p>Vegetarian Chili w/ Cheese <i>Local</i> Baby Carrots Seasonal Fresh Fruit Southwest Cornbread Milk <i>Snack: Vanilla Sport Crackers &amp; 4 oz. Fruit Juice</i></p>
<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Egg &amp; Cheese Breakfast Burrito, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Egg, Cheese &amp; Turkey Ham Strata, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Mini Bagels w/ Cream Cheese, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Juice &amp; Milk</p>	<p>Small Cinnamon Roll (no icing), ½ Slice 100% Whole Wheat Toast, Fruit or 100% Juice &amp; Milk</p>
<p>Chicken Drumsticks w/ BBQ Sauce Oven Baked Potato Wedges Garden Salad w/ Ranch Dressing Milk  <i>Snack: Goldfish Pretzels &amp; 4 oz. Juice</i></p>	<p>Cheese Pizza <i>Local</i> Cucumber Coins Kool Kiwi Fruit Milk  <i>Snack: Cheerios &amp; Milk</i></p>	<p>Deli Turkey, Turkey Ham &amp; Cheese Sandwich w/ Lettuce <i>Local</i> Baby Carrots Petite Banana, Milk <i>Snack: 4 oz. Yogurt, Graham Crackers &amp; Water</i></p>	<p>Roast Turkey Tetrizzini Garden Salad w/ Ranch Dressing Chilled Green Peas Milk  <i>Snack: Whole Wheat Dinner Roll, Cheddar Cheese Sq., Water</i></p>	<p>Italian Meatball Sandwich Coleslaw w/ Purple Cabbage Chilled Mixed Fruit Milk  <i>Snack: Animal Crackers &amp; Milk</i></p>
<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p>Egg &amp; Cheese Muffin, ½ Slice 100% Whole Wheat Toast, Fruit or 100% Fruit Juice &amp; Milk</p>	<p align="center"><b>F.Y.I. Head Start Menu Notes:</b> 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). -Fruit Yogurt is an all natural, gluten and gelatin free product available in Strawberry &amp; Peach. -Water to be provided by Head Start classroom staff.</p>		
<p>Cheese Quesadilla w/ Salsa Garden Salad w/ Ranch Dressing Juicy Orange Wedges Milk  <i>Snack: Cinnamon Grahams &amp; Milk</i></p>	<p>Chicken Teriyaki Bites w/ Fried Brown Rice <i>Local</i> Cucumber Coins, <i>Local</i> Plum Milk  <i>Snack: Snickerdoodle Cookie &amp; Milk</i></p>			