

# El Grito Head Start Menu

Breakfast & Lunch Served 1% Milk Whole Grain Products are Underlined



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BREAKFAST</u></p> <p>Waffles</p> <p>Fresh Strawberries</p> <p><u>LUNCH</u></p> <p>Chicken Gravy</p> <p>Mashed Potatoes</p> <p>Canned Pears</p> <p><u>WW Roll</u></p> <p><u>SNACK</u></p> <p>Cottage Cheese</p> <p>w/Pineapple</p>	<p><u>BREAKFAST</u></p> <p><u>Kix Cereal</u></p> <p>Fresh Bananas</p> <p><u>LUNCH</u></p> <p><u>Spaghetti w/Meat</u></p> <p>Fresh salad</p> <p>Honey Dew</p> <p><u>SNACK</u></p> <p>String Cheese</p> <p><u>Wheat Thins</u></p>	<p><u>BREAKFAST</u></p> <p><u>French Toast w/ Syrup</u></p> <p>Fruit Cocktail</p> <p><u>LUNCH</u></p> <p><u>Bean Tostadas</u></p> <p>Sliced Cucumber</p> <p>Cheese/Salsa</p> <p>Watermelon</p> <p>Early Release EL Grito</p> <p><u>SNACK</u></p> <p><i>Cheese it's</i></p> <p><i>Fruit Cup</i></p>	<p><u>BREAKFAST</u></p> <p><u>Malt O Meal W/ Toast</u></p> <p>Apricots</p> <p><u>LUNCH</u></p> <p><u>Cheese Burgers</u></p> <p>Lettuce and Tomatoes</p> <p>Apple Sauce</p> <p><u>Sun Chips</u></p> <p><u>WW Bun</u></p> <p><u>SNACK</u></p> <p>Cheese Cubes</p>	<p><u>BREAKFAST</u></p> <p><u>English Muffin W/ Sliced Cheese</u></p> <p>Cantaloupe</p> <p><u>LUNCH</u></p> <p><u>Fish Sandwich</u></p> <p>Cole Slaw</p> <p>Peaches</p> <p><u>WW Bun</u></p> <p><u>SNACK</u></p> <p>Fresh Apples</p> <p>Peanut Butter</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BREAKFAST</u></p> <p>Oatmeal <u>Raisin Bread</u></p> <p>Honey dew</p> <p><u>LUNCH</u></p> <p>Teriyaki Chicken</p> <p>Scalloped Potatoes</p> <p><u>WW Roll</u></p> <p>Mixed fruit</p> <p><u>SNACK</u></p> <p>String Cheese</p> <p>Pretzels</p>	<p><u>BREAKFAST</u></p> <p><u>Frosted Mini Wheats</u></p> <p>Bananas</p> <p><u>LUNCH</u></p> <p><u>Sloppy Joe</u></p> <p>Corn on the Cob</p> <p>Kiwi</p> <p><u>WW Bun</u></p> <p><u>SNACK</u></p> <p><u>Peanut Butter Sand.</u></p> <p>Water</p>	<p><u>BREAKFAST</u></p> <p><u>Potato and Cheese Burrito</u></p> <p>Peaches</p> <p><u>LUNCH</u></p> <p><u>Meat and Potato Burrito</u></p> <p>Green Beans</p> <p>Watermelon</p> <p><u>SNACK</u></p> <p>Baby Carrots</p> <p>Milk</p>	<p><u>BREAKFAST</u></p> <p><u>Pancakes w/ syrup</u></p> <p>Orange Smiles</p> <p><u>LUNCH</u></p> <p><u>Poor Boy</u></p> <p>Hams and Turkey</p> <p>Lettuce and Tomato</p> <p>Fresh Pears</p> <p><u>SNACK</u></p> <p>Fresh Strawberries</p> <p>Yogurt</p>	<p><u>BREAKFAST</u></p> <p><u>Bagel w/ Cream Cheese</u></p> <p>Cantaloupe</p> <p><u>LUNCH</u></p> <p><u>Spinach Lasagna</u></p> <p>Tossed Salad</p> <p>Apricots</p> <p><u>SNACK</u></p> <p>Green Grapes</p> <p>Cheese Cubes</p>

Menu's are Subject to Change Due to Availability

Any Child Care Substitutions or Changes will be Italicized

Chile Plus Food Item: Kiwi

