****Early Head Start Menu

June 2022

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| **Monday- 6th**  **Breakfast:** English Muffin\*, Jelly,Cherry Mixed Fruit Cup, and Milk  **Lunch:** Chickpea Biryani, Brown Rice\*, Salad with Italian Dressing,Orange, and Milk  **Snack:** String Cheese, Wheat Bagel\*, and Cream Cheese | **Tuesday- 7th**  **Breakfast:** Rice Crispy Cereal, Apple and Milk  **Lunch:** Chicken Sandwich on Whole Wheat Bun\*, Mayo, Mustard, Peach Fruit Cup, Carrots with Ranch and Milk  **Snack:** Cantaloupe and Sun Chips\* | **Wednesday- 8th**  **Breakfast:** Raisin Bread\*, Butter, Pear, and Milk  **Lunch:** Hamburger, Sliced Cheese, Ketchup, Whole Wheat Bun\*, Salad w/ Italian Dressing, Kiwi and Milk  **Snack:** Banana Muffin\* and Applesauce | **Thursday- 9th**  **Breakfast:** Bran Muffin, Banana and Milk  **Lunch:** Beef and Bean Indian Taco, Whole Wheat Pita\*, Shredded Cheese, Sour Cream, Broccoli, Pineapple and Milk  **Snack:** Orange and Yogurt | **Friday- 10th**  **Breakfast**: Corn Flake Cereal, Apple, and Milk  **Lunch:** Egg Salad, Wheat Hoagie\*, Zucchini with Ranch, Tropical Fruit Cup, and Milk  **Snack:** Goldfish Crackers\* and Pear |
| **Monday- 13th**  **Breakfast:** Vanilla Waffle\*, Butter,Peach Fruit Cup, and Milk  **Lunch:** Lentil Tacos with Wheat Tortilla\*, Shredded Cheese, Mixed Vegetables, Kiwi and Milk  **Snack:** Cucumber Sticks with Ranch and Sun Chips\* | **Tuesday- 14th**  **Breakfast:** Blueberry Muffin\*, Pear, and Milk  **Lunch:** Beef Sloppy Joe, Whole Wheat Bun\*, Fresh Broccoli w/ Ranch, Orange and Milk  **Snack:** Pretzel Goldfish\* and Watermelon | **Wednesday- 15th**  **Breakfast**: Whole Wheat Biscuits\* and Jelly, Apple and Milk  **Lunch:** Mac and Cheese with Wheat Pasta\*, Peas, Pear, and Milk  **Snack:** Mandarin Oranges, Wheat Bagel\*, and Cream Cheese | **Thursday- 16th**  **Breakfast:** Rice Crispy Cereal, Banana, and Milk  **Lunch:** Chicken Posole, Whole Grain Tortilla\*, Mixed Vegetables,Honeydew Melon, and Milk  **Snack:** Graham Crackers\* and Colby Jack Cheese | **Friday- 17th**  **Breakfast**: Banana Muffin\*, Orange, and Milk  **Lunch**: Sliced Turkey and Cheese, Wheat Bread\*, Mayo, Mustard, Salad with Ranch, Strawberries and Milk  **Snacks**: Yogurt and Pear Fruit Cup |
| **Monday- 20th**  **UCA Closed for Juneteenth** | **Tuesday- 21st**  **Breakfast:** Vanilla Waffle\*, Butter, Orange, Milk  **Lunch:** BBQ Turkey, Wheat Bun\*, Strawberries, Zucchini with Ranch, and Milk  **Snack:** Whole Wheat Biscuits\*, Jelly, and Pineapple  **Tasty Tuesday Item: Strawberries** | **Wednesday- 22nd**  **Breakfast:** Bran Muffin, Pear, and Milk  **Lunch:** Beef Bolognese with Whole Grain Penne Pasta\*, Broccoli, Orange, and Milk  **Snack:** Goldfish Crackers\* and Applesauce | **Thursday- 23rd**  **Breakfast:** Raisin Bread\*, Butter, Banana and Milk  **Lunch:** Chicken Fajita, Wheat Tortilla\*,Cauliflower, Watermelon and Milk  **Snack:** Pear and Yogurt | **Friday- 24th**  **Breakfast**: Toasty O’s Cereal\*, Orange, and Milk  **Lunch**: Tuna Salad, Wheat Bun\*, Carrots with Ranch, Pear Fruit Cup, and Milk  **Snack**: Wheat Roll\* with Jelly and Apple |
| **Monday- 27th**  **Breakfast**: Corn Bread Stars\*, Tropical Fruit Cup and Milk  **Lunch:** Vegetarian Chili, Wheat Roll\*, Mixed Vegetables, Orange, and Milk  **Snack:** Colby Jack Cheese, Wheat Bagel\*, and Cream Cheese | **Tuesday- 28th**  **Breakfast:** Bran Muffin, Apple, and Milk  **Lunch:** Sliced Roast Beef Wrap with Cheese, Wheat Tortilla\*, Shredded Lettuce, Mayonnaise, Carrotswith Ranch, Pear, and Milk  **Snack**: Yogurt and Graham Crackers\* | **Wednesday- 29th**  **Breakfast:** Raisin Bread\*, Butter, Orange and Milk  **Lunch:** Chicken Stir Fry, Brown Rice\*, Salad w/ Ranch, Kiwi, and Milk  **Snack:** English Muffin\*, Jelly and Applesauce | **Thursday- 30th**  **Breakfast:** Rice Crispy Cereal, Banana and Milk  **Lunch:** Beef Taco, Wheat Tortilla\*, Shredded Lettuce, Shredded Cheese, Corn, Honeydew Melon and Milk  **Snack:** Jicama Sticks and Hummus | **Friday- 1st**  **Breakfast:** Whole Wheat Biscuits\* and Jelly, Apple, and Milk  **Lunch:** Sliced Turkey and Cheese, Wheat Hoagie\*, Mayo, Mustard, Salad with Italian Dressing, Cherry Mixed Fruit Cup and Milk  **Snack:** Blueberry Muffin\* and Pear |

“This institution is an equal opportunities provider.”

\*Whole Grain Rich Items