****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