**March Head Start Menu –2024**

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| **Monday- 26th**  **Breakfast:** English Muffin w Jelly, Pear Fruit Cup, Milk **Lunch:** Southwest Tofu Scramble with Wheat Tortilla\*, Shredded Cheese, Mixed Vegetables, Kiwi, and Milk  **Snack:** Wheat Crackers\* and Cheddar Cheese Bar    | **Tuesday- 27th**  **Breakfast:** Pumpkin Bread, Peaches, Milk **Lunch:** Sliced Turkey, Sliced Cheese Wheat Bun\*, Color Crunch Salad w/ Ranch Dressing, Pear, and Milk  **Snack:** Cucumber Sticks w/ Vegetable Dip  | **Wednesday- 28th**  **Breakfast**: Yogurt, Pear and Milk **Lunch** Beef & Brown Rice\*, Sugar Snap Peas, Orange, and Milk   **Snack:** Apple, Soft Pretzel   | **Thursday- 29th**  **Breakfast:** Cottage Cheese, Peaches, Milk **Lunch:** Green Eggs & Turkey-Ham, Apple Cinnamon Texas Toast, Banana, and Milk  **Snack:** Zucchini Sticks w/ Hummus   | **Friday- 1st**   **Breakfast**: Bran Muffin, Applesauce, Milk **Lunch:** Egg Salad, Wheat Bread\*, Color Crunch Salad with Ranch, Mango Fruit Cup, and Milk  **Snacks**: Goldfish Crackers, Pear |
| **Monday- 4th**  **Breakfast:** Toasty O's Cereal, Tropical Fruit Cup, Milk **Lunch:** Vegetable Curry with Chickpeas, Brown Rice\*, Baby Carrots, Orange, and Milk  **Snack:** Yogurt, Pear | **Tuesday- 5th**  **Breakfast:** Wheat Bagel w/ Cream Cheese, Banana, Milk **Lunch:** Chicken Parmesan Sandwich on Wheat Bun\*, Fresh Broccoli, Peaches, and Milk  **Snack:** Honeydew and String Cheese    | **Wednesday- 6th**  **Breakfast:** Apple Cinnamon Muffin, Pear, Milk  **Lunch:** Fiesta Tuna, Brown Rice\*, Orange, and Milk   **Snack:** Sun-Butter & Berry Wrap w/ Wheat Tortilla   | **Thursday- 7th**  **Breakfast:** Yogurt Fruit Dip, Apple, Milk **Lunch:** Broccoli Cheddar Soup, Shredded Cheddar Cheese, Whole Wheat Roll\*, Pineapple and Milk  **Snack:** Banana Muffin\* and Applesauce   | **Friday- 8th**  **Training Day No EHS/HS** |
| **Monday- 11th**  **Breakfast: Apple-Cinnamon Muffin**, Papaya Fruit Cup, Milk   **Lunch:** Grated Cheese, Whole Wheat Penne w/ Marinara, Apple, Broccoli, and Milk  **Snack:** Zucchini Sticks, Hummus | **Tuesday- 12th**  **Breakfast:** String Cheese, Orange, Milk **Lunch:** Curried Chicken Salad, Wheat Bread\*, Coleslaw, Kiwi, and Milk  **Snack:** Soft Pretzel and Pear  | **Wednesday- 13th**  **Breakfast:** English Muffin w/ Jelly, Kiwi, Milk**Lunch:** Swedish Meatballs, Mashed Potatoes, Wheat Breadstick\* Baby Carrots, Pear, and Milk   **Snack:** Fruit Smoothie, Goldfish  | **Thursday- 14th**  **Breakfast:** Rice Crispy Cereal, Apple, Milk **Lunch:** Turkey Sloppy Joe on Wheat Bun\*, Color Crunch Salad, Ranch, Peaches, and Milk    **Snack:** Wheat Crackers, Cheddar Cheese Bar  | **Friday- 15th**  **Breakfast:** Banana Muffin, Orange, Milk **Lunch:** Tuna Salad Wrap w/ Wheat Tortilla\*, Yellow Squash Sticks, Apple, and Milk   **Snack:** Yogurt, Strawberries |
| **Monday- 18th**  **Breakfast**: Corn Flake Cereal, Peach Fruit Cup, Milk **Lunch:** Grilled Cheese, Tomato Soup, Mango, and Milk  **Snack:** Wheat Roll w/ Jelly, Kiwi | **Tuesday- 19th**  **Breakfast:** Hard Boiled Egg, Pear, Milk **Lunch**: Turkey-Ham Salad, Wheat bun\*, Sliced Cucumbers, Pineapple, and Milk**Snack**: Applesauce, Wheat Crackers | **Wednesday- 20th**  **Breakfast:** Berry Overnight Oats, Banana, Milk **Lunch:** Chicken Alfredo w/ Penne Pasta, Green Beans & Tomatoes, Pear, and Milk  **Snack:** Cornbread, Mandarin Orange cup | **Thursday- 21st**  **Breakfast:** Pumpkin Bread, Orange, Milk **Lunch:** Meatball Marinara on Wheat Hoagie\*, Fresh Broccoli Florets, Cantaloupe, and Milk**Snack:** Strawberry Chex, String Cheese | **Friday- 22nd**  **Breakfast:** Sun-Butter Banana Wrap w/ Wheat Tortilla, Milk **Lunch:** Egg Salad, Wheat Hoagie\*, Color Crunch Salad with Italian Dressing, Orange, and Milk  **Snack:** Yogurt Fruit Dip w/ Apple |
| **Monday- 25th** **Breakfast:** Vanilla Waffle\*, Cherry Mixed Fruit Cup, and Milk  **Lunch:** Pesto Pasta Primavera\*, Grated Cheese, Asparagus, Apple, and Milk    **Snack:** Wheat Bagel\* w/ Cream Cheese, Banana  | **Tuesday- 26th**  **Breakfast**: Zucchini Bread\*, Orange, and Milk    **Lunch**: Hamburger, Wheat Bun\*, Ketchup, Coleslaw, Pineapple, and Milk    **Snack**: Goldfish, Apple  | **Wednesday- 27th**  **Breakfast**: String Cheese, Pear and Milk  **Lunch**: Popcorn Chicken & Waffles (maple), Baby Carrots, Kiwi and Milk    **Snack**: Wheat Roll w/ Jelly, Mandarin Cup  | **Thursday- 28th**  **Breakfast**: Rice Crispy Cereal, Apple, and Milk    **Lunch**: Refried Beans, Wheat Tortilla\*, Shredded Cheese, Spanish Riced Cauliflower, Cantaloupe, and Milk    **Snack**: Pear and Yogurt  | **Friday- 29th**  **Training Day No EHS/HS** |

“**This institution is an equal opportunities provider.”** **\*Whole Grain Rich Items**