

September 2023

~All milk served is unflavored 1%~

Adams County Head Start Menu

~Our Centers Participate in a USDA Funded Program and is an Equal Opportunity Provider and Employer~

Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>HOLIDAY</p> <p>Red Dot contains EGG</p> <p>Green Dot contains DAIRY</p>	<p>5</p> <p>WW Mini Bagel●●, Strawberry Cream Cheese●, Roasted Apple Slices & 1% Milk●</p> <p>Grilled Cheese on WW Bread●, Tomato Soup●, Romaine Salad with Homemade Ranch Dressing●● & 1% Milk●</p> <p>WG Graham Crackers, Sunbutter, Apple wedges</p>	<p>6</p> <p>Homemade WW Oatmeal Bread●, Strawberries & 1% Milk●</p> <p>WW Spaghetti & Beef Meat Sauce, Sautéed Summer Squash, Fresh Pineapple Slices & 1% Milk●</p> <p>Fresh Red & Yellow Pepper & Cucumber Strips, Homemade Ranch Dressing●●, & WG Wheat Thins</p>	<p>7</p> <p>WW Pancakes●● with Syrup, Cinnamon Applesauce & 1% Milk●</p> <p>Chicken Fried Rice, Fresh Snap Peas, Broccoli Slaw, Sesame Soy Dressing & 1% Milk●</p> <p>Fresh Banana, Homemade Granola, Low-Fat Vanilla Greek Yogurt●</p>	<p>8</p> <p>WG Cinnamon Flakes, Fresh Fruit Salad & 1% Milk●</p> <p>Sliced Turkey & Cheese● with WW Ritz Crackers, Fresh Sliced Pineapple, Fresh Carrots with Homemade Ranch Dressing●● & 1% Milk●</p> <p>WG Cheddar Goldfish● & Mandarin Oranges</p>
<p>11</p> <p>WG Cinnamon Chex, Sliced Peaches & 1% Milk●</p> <p>WW Bean & Cheese Burrito●, Mexicali Corn, Homemade Salsa, Fresh Kiwis & 1% Milk●</p> <p>Sliced Cheddar Cheese● & Fresh Orange Wedges</p>	<p>12</p> <p>Tortilla, Scrambled Eggs●●, Shredded Cheese●), Homemade Salsa, Hash Browns & 1% Milk●</p> <p>WW Chicken Noodle Soup●, Spinach Salad with Homemade Ranch Dressing●●, Steamed Green Beans & 1% Milk●</p> <p>Fresh Apple Wedges, Low Fat Vanilla Greek Yogurt● & Homemade Granola</p>	<p>13</p> <p>Homemade WW Banana Bread●, Strawberries & 1% Milk●</p> <p>Homemade Beef Sloppy Joes on WW Hamburger Bun, Roasted Red Potatoes, Fresh Pineapple Slices & 1% Milk●</p> <p>Fresh Carrots & Pepper Strips, Homemade Ranch Dressing●●, & WG Triscuits</p>	<p>14</p> <p>WW Waffles●● with Syrup, Blueberries & 1% Milk●</p> <p>Homemade Chicken Tenders, Baked Beans, WG Roll, Romaine Salad w/Ranch Dressing●● & 1% Milk●</p> <p>Banana Roll-Ups (Fresh Banana, WW Tortilla, Sunbutter)</p>	<p>15</p> <p>NO SCHOOL</p>
<p>18</p> <p>WG Cheerios, Sliced Pears & 1% Milk●</p> <p>Crunchy Chicken Tacos (Taco Chicken, Shredded Cheese●, Homemade Salsa, WG Crispy Taco Shell, Lettuce & Tomato) Refried Beans & 1% Milk●</p> <p>WG Graham Crackers, Sunbutter & Fresh Apple Wedges</p>	<p>19</p> <p>Egg & Cheese Biscuit (WW Biscuit●●, Egg Patty●●, Sliced Cheese●), Hash Browns & 1% Milk●</p> <p>Tasty Lemon Cod, Brown Rice, Steamed Corn, Spinach Salad with Homemade Ranch Dressing●● & 1% Milk●</p> <p>Low-Fat Cottage Cheese● & Fresh Orange Wedges</p>	<p>20</p> <p>Homemade WW Blueberry Bread●●, Strawberries & 1% Milk●</p> <p>Roast Turkey with Homemade Gravy, Mashed Potatoes, Homemade WG Cornbread●●, Fresh Pineapple Slices & 1% Milk●</p> <p>Fresh Red & Yellow Pepper & Cucumber Strips, Homemade Ranch Dressing●● & WG Cheddar Chex Mix●</p>	<p>21</p> <p>WW French Toast Sticks with Syrup, Blueberries & 1% Milk●</p> <p>Homemade WW Mac & Cheese●●, Steamed Broccoli, Fresh Coleslaw with Creamy Coleslaw Dressing● & 1% Milk●</p> <p>Fresh Banana, Homemade Granola, Low-Fat Vanilla Greek Yogurt●</p>	<p>22</p> <p>WG Cinnamon Flakes, Fresh Fruit Salad & 1% Milk●</p> <p>Sliced Turkey & Cheese● on WW Bread, Fresh Lettuce & Tomatoes, Fresh Sliced Pineapple, Fresh Carrots with Homemade Ranch Dressing●● & 1% Milk●</p> <p>WG Pretzel Goldfish● & Mandarin Oranges</p>
<p>25</p> <p>WG Cinnamon Chex, Pineapple Tidbits & 1% Milk●</p> <p>Homemade Beef Lasagna●●, WW Garlic Bread, Steamed Broccoli, Romaine Salad with Homemade Italian Dressing & 1% Milk●</p> <p>Low-Fat Mozzarella String Cheese● & Fresh Orange Wedges</p>	<p>26</p> <p>Egg & Cheese Muffin (WW English Muffin, Egg Patty●●, Sliced Cheese●), Hash Browns & 1% Milk●</p> <p>Homemade White Chicken Chili●, WW Crackers, Spinach Salad with Homemade Chipotle Ranch Dressing●●, Fresh Pineapple & 1% Milk●</p> <p>Fresh Apple Wedges, Low-Fat Vanilla Greek Yogurt● & Homemade Granola</p>	<p>27</p> <p>Homemade WW Banana Bread●, Strawberries & 1% Milk●</p> <p>Grilled Hamburgers on a WW Bun, Fresh Lettuce & Tomatoes, Roasted Cinnamon Sweet Potatoes, Fresh Kiwis & 1% Milk●</p> <p>Fresh Carrots & Celery, Homemade Ranch Dressing●● & WG Cheddar Cheez Itz●</p>	<p>28</p> <p>WW Waffles●● with Syrup, Blueberries & 1% Milk●</p> <p>Homemade WG Cheese Pizza●, Romaine Salad with Homemade Italian Dressing, Fresh Fruit Salad & 1% Milk●</p> <p>Banana Roll-Ups (Fresh Banana, WW Tortilla, Sunbutter)</p>	<p>29</p> <p>NO SCHOOL</p>