

# March 2024

~All milk served is unflavored 1%~

# Adams County Head Start Menu

Mon	Tue	Wed	Thu	Fri
<p>Foods that are GREEN Contain Dairy</p> <p>Foods with a RED • Contain Egg</p> <p>WG= whole grain foods</p>				<p><b>1</b> WG Kix, Mangoes &amp; 1% Milk</p> <p>Sliced Turkey, American Cheese/WG Bread Stick, Baby Carrots w/Ranch Dressing•, Sliced Pears &amp; 1% Milk</p> <p>WG Pretzel Goldfish &amp; Mandarin Oranges</p>
<p><b>4</b> WG Chex, Roasted Apple Slices &amp; 1% Milk</p> <p>Cheese Enchiladas w/WG Tortilla, Warm Black Bean &amp; Corn Salad, Tortilla Chips, Mangoes &amp; 1% Milk</p> <p>Hardboiled Egg• &amp; Orange Wedges</p>	<p><b>5</b> Cinnamon Raisin Bagel, Strawberry Cream Cheese, Mixed Berries &amp; 1% Milk</p> <p>Grilled Cheese w/WG Bread, Tomato Soup, Spinach Salad w/Italian Dressing•, Applesauce &amp; 1% Milk</p> <p>Apple Wedges, WG Graham Crackers &amp; Sun butter</p>	<p><b>6</b> WG Blueberry Bread•, Strawberries &amp; 1% Milk</p> <p>Beef Sloppy Joes, WG Bun, Roasted Red Potatoes, Fresh Pineapple &amp; 1% Milk</p> <p>Baby Carrots &amp; Pepper Strips w/Ranch Dressing• &amp; WG Goldfish</p> <p><b>***Parent/Guardian Day***</b></p>	<p><b>7</b> French Toast Sticks• w/Syrup, Blueberries &amp; 1% Milk</p> <p>Homemade Chicken Tenders•, BBQ Baked Beans, WG Rolls, Romaine Salad w/Ranch Dressing• &amp; 1% Milk</p> <p>Banana, Greek Vanilla Yogurt &amp; Homemade Granola</p>	<p><b>8</b></p> <p><b>NO SCHOOL</b></p>
<p><b>11</b> WG Cheerios, Peaches &amp; 1% Milk</p> <p>Bean &amp; Cheese Burrito w/WG Tortilla, Mexicali Corn, Salsa, Fresh Kiwi &amp; 1% Milk</p> <p>Cheddar Slices &amp; Orange Wedges</p>	<p><b>12</b> WG Tortilla, Scrambled Eggs•, American Cheese, Salsa, Hash Browns &amp; 1% Milk</p> <p>Chicken Soup w/WG Noodles•, Spinach Salad, Ranch Dressing•, Steamed Green Beans &amp; 1% Milk</p> <p>Greek Vanilla Yogurt, Homemade Granola &amp; Apple Wedges</p>	<p><b>13</b> WG Oatmeal Muffin Bread•, Strawberries &amp; 1% Milk</p> <p>Chicken Fried WG Rice, Broccoli Slaw w/Asian Sesame Dressing, Mandarin Oranges &amp; 1% Milk</p> <p>Baby Carrots &amp; Cucumbers w/Ranch Dressing• &amp; WG Wheat Thins</p>	<p><b>14</b> WG Pancake• w/Syrup, Blueberries &amp; 1% Milk</p> <p>WG Spaghetti &amp; Meat (Beef) Sauce, Sauteed Summer Squash, Fresh Kiwi &amp; 1% Milk</p> <p>Banana, WG Tortilla &amp; Sunbutter</p>	<p><b>15</b> WG Kix, Mangoes &amp; 1% Milk</p> <p>Sliced Turkey, American Cheese, Ritz Crackers, Baby Carrots w/Ranch Dressing•, Pears &amp; 1% Milk</p> <p>WG Cheddar Goldfish &amp; Mandarin Oranges</p>
<p><b>18</b></p> <p><b>Spring Break</b></p>	<p><b>19</b></p> <p><b>Spring Break</b></p>	<p><b>20</b></p> <p><b>Spring Break</b></p>	<p><b>21</b></p> <p><b>Spring Break</b></p>	<p><b>22</b></p> <p><b>Spring Break</b></p>
<p><b>25</b> WG Cheerios &amp; Cinnamon Applesauce &amp; 1% Milk</p> <p>WG Mac &amp; Cheese•, Steamed Broccoli Coleslaw, Creamy Coleslaw Dressing• &amp; 1% Milk</p> <p>String Cheese &amp; Orange Wedges</p>	<p><b>26</b> WG English Muffin, Egg Patty•, Sliced Cheese, Hash Browns &amp; 1% Milk</p> <p>White Bean Chicken Chili, Ritz Crackers, Spinach Salad, Chipotle Ranch•, Fresh Pineapple &amp; 1% Milk</p> <p>Yogurt, Homemade Granola, Apple Wedges</p>	<p><b>27</b> WG Banana Bread•, Strawberries &amp; 1% Milk</p> <p>Hamburgers, WG Bun, Lettuce &amp; Tomato, Cinnamon Sweet Potatoes, Fresh Kiwi &amp; 1% Milk</p> <p>Baby Carrots &amp; Celery Sticks w/Ranch Dressing• &amp; WG Cheez-Its</p>	<p><b>28</b> WG Waffle• w/Syrup, Blueberries &amp; 1% Milk</p> <p>Cheese Pizza w/WG Crust, Romaine Salad w/Italian Dressing, Peaches &amp; 1% Milk</p> <p>Banana, WG Tortilla &amp; Sun butter</p>	<p><b>29</b> WG Kix, Mangoes &amp; 1% Milk</p> <p>Sliced Turkey, American Cheese/WG Bread Stick, Baby Carrots w/Ranch Dressing•, Sliced Pears &amp; 1% Milk</p> <p>WG Pretzel Goldfish &amp; Mandarin Oranges</p>