

Lorain County Head Start Menu- September 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B					Yogurt, Strawberry & Granola Parfait 1
L					Turkey & Gravy Mashed Potatoes WG Dinner Roll Diced Pineapple
S					WG Tortilla Chips Salsa
B		4 WG Banana Bread Apple Slices 5	WG Mini Wheats Seasonal Melon 6	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 7	Yogurt, Strawberry & Granola Parfait 8
L		BUILD A Burger WG Bun, Cheese, Pickle Chips, Ketchup Baked Beans Apricots	Braised Chicken Thigh Maple Cinnamon Carrots WG Cornbread Clementine	Beef & Veggies w/ Gravy Mashed Potatoes Diced Peaches WG Garlic Twist	WG Ravioli Steamed Green Beans Diced Pears
S		WG Graham Crackers Sun Splash Veggie Juice	Assorted veggies w/ Ranch Cheese Stick	Mandarin Oranges WG Educational Crackers	WG Tortilla Chips Salsa
B	WG Cinn Chex or WG Cinn Toast Crunch Pineapple tidbits 11	WG Blueberry Waffle Apple Slices 12	Purple Daze Smoothie WG Bunny Grahams 13	WG Banana Muffin Diced Peaches 14	Yogurt, Blueberry & Granola Parfait 15
L	Egg Omelet Maple Sweet Potatoes Croissant Baked Cinnamon Apples	Meatball Sub Assorted Fresh Veggies w/ Ranch Dip Diced Pears	BBQ Chicken Drumstick Cheese cubes Carrots & Green Beans WG Cornbread Tropical Fruit	Homemade WG Mac-n-Cheese Steamed Broccoli Mango Chunks	Orange Chicken Brown Rice Stir Fry Veggies Seasonal Melon
S	Turkey Stick WG Crackers	Danimal Yogurt Fresh Orange	WG Flatbread Round WOW Butter & Jelly	Local Apple WG Pretzels	Banana WG Goldfish Crackers
B	WG Cheerios Pineapple Tidbits 18	WG Banana Bread Apple Slices 19	WG Mini Wheats Seasonal Melon 20	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 21	Yogurt, Strawberry & Granola Parfait 22
L	Veggie Chili w/ Shredded Cheese WG Cornbread Fresh Broccoli w/ Ranch Dip Mixed Fruit Salad	BUILD A TORTILLA WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa Clementine	Teriyaki Beef Dippers Teriyaki or Sweet Sour Dip Fried Rice Peas Pineapple Tidbits	Turkey w/ Gravy Mashed Potatoes WG Dinner Roll Seasonal Melon	WG Spaghetti w/ Meatballs California Blend Veggies WG Breadstick Fresh Fruit Salad
S	Mango Peach Applesauce WG Cheez It	WG Graham Crackers Sun Splash Veggie Juice	Assorted veggies w/ Ranch Cheese Stick	Mandarin Oranges WG Educational Crackers	WG Tortilla Chips Salsa Cup
B	WG Cinn Chex or WG Cinn Toast Crunch Pineapple tidbits 25	WG Blueberry Waffle Apple Slices to 26	Purple Daze Smoothie WG Bunny Grahams 27	WG Banana Muffin Diced Peaches 28	Yogurt, Blueberry & Granola Parfait 29
L	General Tso Beef Brown Rice Steamed Broccoli Diced Pears	BUILD YOUR OWN NACHOS WG Tortilla Chips, Seasoned Beef, Black Beans, Salsa, Cheese Mango	BBQ Chicken Sandwich Cole Slaw Mandarin Oranges	Homemade Sloppy Joe Maple Cinnamon Carrots Diced Pears	Bosco with Marinara Tossed Salad w/ Toppings Cheese, Croutons French or Ranch Tropical Fruit
S	Turkey Stick WG Crackers	Danimal Yogurt Fresh Orange	WG Flatbread Round WOW Butter & Jelly	Local Apple WG Pretzels	Banana WG Goldfish Crackers

Milk is served daily at breakfast and lunch. Children who are 1 -2 years old are served whole milk. Children >2 years old are served 1% milk. When a specific food allergy is identified, appropriate food substitutions will be provided. Menu items are subject to change due to food availability or unplanned school closings. WG = whole grain



This institution is an equal opportunity provider.

