

August 2022 Headstart Lunch Menu

All Meals Served with 3/4 cup of 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u> Cheese Pizza Peaches Carrots
<u>15</u> Taco Salad Lettuce Tomato Cheese Salsa Tortilla Chips	<u>16</u> Breaded Chicken Nuggets-5 ea Carrots-1/4 cup Peaches-1/4 cup	<u>17</u> Whole Wheat Marzetti With Meat Sauce-1/2 cup Salad with Cheese Mixed Fruit-1/4 cup	<u>18</u> Cheesy Potato Soup -1/2 cup Sliced Turkey & Cheese-1.5 oz On Bun-1/2 ea Mixed Fruit - 1/4 cup Whole Grain Saltines 1 pk each	<u>19</u> Egg Patty-1 each Sliced American Cheese-1 ea Hashbrown Patty-1/2 ea Sliced Apples-1/4 cup Whole Wheat English Muffin-1/2 ea
<u>22</u> Salisbury Steak With Gravy-1.5 oz Potato Wedges-1/4 cup Mixed Fruit-1/2 cup Whole Wheat Biscuit-1 ea	<u>23</u> Vegetable Chili-1/2 cup Mixed Beans-1/4 cup Tomatoes & Juice in Soup-1/4 cup Sliced Apples-1/4 cup Whole Wheat Crackers-2 pk	<u>24</u> Chicken Alfredo-1/2 cup With Whole Wheat Pasta Broccoli-1/4 cup Peaches-1/4 cup	<u>25</u> Fiesta Wrap Pineapple 1/4 cup	<u>26</u> Beef Patty- 1.5 oz American Cheese-1 oz Mixed Vegetables-1/4 cup Pears-1/4 cup Whole Grain Bun
<u>29</u> Whole Wheat Macaroni & Cheese-1/2 cup Peas-1/4 cup Mixed Fruit-1/4 cup	<u>30</u> Grape Uncrustable-1 ea Yogurt Fresh Carrots-1/4 cup Peaches-1/4 cup	<u>31</u> Turkey Burger with Whole Wheat Bun Carrots - 1/4 cup Apples Slices 1/4 cup		