







# Head Start MENU



Every lunch includes low-fat, white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
April 29 Steak Fingers Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup	April 30 Quesadillas Lettuce & Tomato Refried Beans Spanish Rice Fruit Cup	1 Fun Time Sack Lunch! Choice of Sandwich Baked Chips Carrots Fruit Juice & Fruit Cup	2 Italian Dippers Seasoned Sweet Corn Italian Salad Colorful Apple Sauce	3 Hot Dog Basket with French Fries Lettuce with Pickles Fresh Fruit
6 Chicken Spaghetti Hot Roll Fresh Garden Salad Seasoned Vegetables Fruit Cup	7 Crisпитos Lettuce & Tomato Pinto Beans Spanish Rice Fruit Cup	8 Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	9  <b>Manager's Choice</b>	10 Corn Dog Basket with French Fries Lettuce with Pickles Fresh Fruit
13  <b>Manager's Choice</b>	14 Nachos Lettuce & Tomato Refried Beans Spanish Rice Fruit Cup	15 Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	16 Pizza Tossed Salad Steamed Broccoli Fruit Wiggles	17 Specialty Burger Basket with French Fries Lettuce with Pickles Fresh Fruit
20  <b>Manager's Choice</b>	21 Tacos Lettuce & Tomato Spanish Rice Charro Beans Pineapple Tidbits	22 Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup	23 Pizza Tossed Salad Seasoned Green Beans Banana Sundae	24 Cheese Burger Basket with French Fries Lettuce with Pickles Fresh Fruit
27 <i>Enjoy Your Day Off!</i>	28 Crisпитos Lettuce & Tomato Spanish Rice Refried Beans Pineapple Tidbits	29 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup	30 <i>Grab N' Go Sack Lunch</i> 	31 <i>Enjoy Your Day Off!</i>

## Here comes the Sun!

Our sun can do a lot of cool things like keep us warm and make flowers and plants grow, but we need to be smart about the sun and its potential dangers.

\* Always make sure to take frequent breaks from the sun by going inside or in the shade.

\* Put on sunscreen and reapply often. Be sure to put sunscreen all over your body. This includes some places you might not think of, like the tops of your ears or the back of your neck.

## Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 3, & 5:	Sausage Roll	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Breakfast Pizza	Breakfast Sandwich	Cheese Omelet
Week 2 & 4:	French Toast	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Sausage Biscuit	Pancake Wrap	Muffin & Yogurt

Low fat white Milk, an option of Fresh Fruit or Fruit Cup, and a Choice of Juice are offered everyday.

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