




April

Head Start Menu

Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
March 30 Chicken and Waffles Roasted Corn Fresh Cucumber and Tomato Salad Berries & Cream	March 31 Soft Tacos Spanish Rice Refried Beans Shredded Lettuce with Tomatoes Fruit Cup	1 Pizza Italian Salad Seasoned Vegetables Fruit Cup	2 Baked Chicken Hot Roll Creamy Mashed Potatoes Seasoned Green Beans Peach Crisp	3 Chopped BBQ on Bun Basket Pickle Salad Choice of Fresh Fruit
6 PB&J Grab & Go with Cheese Stick Fresh Baby Carrots Tropical Pineapple	7 Nachos Spanish Rice Pinto Beans Shredded Lettuce with Tomatoes Mixed Fruit	8 Spaghetti with Meat Sauce and Garlic Stick Seasoned Green Beans Garden Green Salad Fruit Cup	9 Popcorn Chicken Bucket with Fries Seasoned Vegetables Hot Roll Color-filled Apple Sauce	10 
13 Chili Cheese Tots with Hot Roll Baby Carrots and Ranch Dressing Seasoned Vegetables Fruit Cup	14 Quesadilla Refried Beans Spanish Rice Steamed Vegetables Pineapple Fluff	15 Pizza Fresh Seasonal Vegetables Italian Salad Mixed Fruit	16 Steak Fingers Hot Roll Creamy Mashed Potatoes Roasted Vegetables Peach Crisp	17 Cheese Burger Basket Pickle Salad Choice of Fresh Fruit
20 Soup and Sandwich Choice of Chips Sandwich Fixins' Fresh Vegetable Dippers Fruit Salad	21 Soft Tacos Pinto Beans Spanish Rice Shredded Lettuce with Tomatoes Fruit Cup	22 Cheesy Bread Sticks with Marinara Sauce Seasoned Sweet Corn Garden Fresh Salad Fruit Cup	23 Chicken Strips Hot Roll Creamy Mashed Potatoes Steamed Broccoli Fruit Cup	24 Chicken Sandwich Basket Pickle Salad Choice of Fresh Fruit
27 Asian Bowl or PB&J Grab & Go Oriental Vegetables Steamed Baby Carrots Tropical Pineapple	28 Nachos Spanish Rice Refried Beans Shredded Lettuce with Tomatoes Rainbow Pears	29 Pizza Green Beans Italian Salad Fruit Cup	30 Boneless Wings Hot Roll Creamy Mashed Potatoes Grilled Fresh Squash Strawberries & Cream	May 1 Cheese Burger Basket Pickle Salad Choice of Fresh Fruit

Do You Have a Nutrient Rich Diet?

If you are eating at your school cafeteria you do! See below to learn about a few of the essential nutrients being served in your lunch today.

- ◆ Fiber- plays an essential role in your digestive, heart, and skin health
 - ◆ Pinto Beans
 - ◆ Apples
- ◆ Potassium- helps keep kidneys healthy and prevent muscle cramps
 - ◆ Broccoli
 - ◆ Potatoes
- ◆ Vitamin A- Keeps eyes and skin healthy and helps protect against infections
 - ◆ Carrots
 - ◆ Romaine Lettuce
- ◆ Vitamin C- helps heals and cuts wounds and keeps teeth and gums healthy
 - ◆ Strawberries
 - ◆ Green Beans



Fresh Fruit or Fruit Cup and a Choice of Juice and Milk are also offered everyday.

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Cheesy Omelet	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissants	Yogurt Parfait and Cereal or English Muffin & Yogurt	Pancake Wrap or Chicken Biscuit	Breakfast Pizza or Pig in a Blanket

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