

April 2024

~All milk served is unflavored 1%~

Adams County Head Start Menu

Mon	Tue	Wed	Thu	Fri
<p>1 WG Chex, Roasted Apple Slices & 1% Milk Cheese Enchiladas w/WG Tortilla, Warm Black Bean & Corn Salad, Tortilla Chips, Mangoes & 1% Milk Hardboiled Egg• & Orange Wedges</p>	<p>2 WG Blueberry Bagel, Strawberry Cream Cheese, Fresh Cuties (orange) & 1% Milk Grilled Cheese w/WG Bread, Tomato Soup, Romaine Salad w/Ranch Dressing•, Fresh Pineapple & 1% Milk Apple Wedges, WG Graham Crackers & Sun butter</p>	<p>3 WG Oatmeal Muffin Bread•, Strawberries & 1% Milk Chicken Fried WG Rice, Broccoli Slaw w/Asian Sesame Dressing, Mandarin Oranges & 1% Milk Baby Carrots & Cucumbers w/Ranch Dressing• & WG Wheat Thins</p>	<p>4 WG Pancake• w/Syrup, Blueberries & 1% Milk WG Spaghetti & Meat (Beef) Sauce, Sauteed Summer Squash, Fresh Kiwi & 1% Milk Banana, Greek Vanilla Yogurt & Homemade Granola</p>	<p>5 NO SCHOOL</p>
<p>8 WG Cheerios, Peaches & 1% Milk Bean & Cheese Burrito w/WG Tortilla, Mexicali Corn, Salsa, Fresh Kiwi & 1% Milk Cheddar Slices & Orange Wedges</p>	<p>9 WG Tortilla, Scrambled Eggs•, American Cheese, Salsa, Hash Browns & 1% Milk Chicken Soup w/WG Noodles•, Spinach Salad, Ranch Dressing•, Steamed Green Beans & 1% Milk Greek Vanilla Yogurt, Homemade Granola & Apple Wedges</p>	<p>10 WG Banana Bread•, Strawberries & 1% Milk Beef Sloppy Joes, WG Bun, Roasted Red Potatoes, Fresh Pineapple & 1% Milk Baby Carrots & Pepper Strips w/Ranch Dressing• & WG Goldfish</p>	<p>11 WG Waffles• w/Syrup, Blueberries & 1% Milk Beef Lasagna•, WG Garlic Bread, Romaine Salad w/Italian Dressing, Steamed Broccoli & 1% Milk Banana, Greek Vanilla Yogurt & Homemade Granola</p>	<p>12 WG Kix, Mangoes & 1% Milk Sliced Turkey, American Cheese, Ritz Crackers, Baby Carrots w/Ranch Dressing•, Pears & 1% Milk WG Cheddar Goldfish & Mandarin Oranges</p>
<p>15 WG Cheerios & Cinnamon Applesauce & 1% Milk WG Mac & Cheese•, Steamed Broccoli Coleslaw, Creamy Coleslaw Dressing• & 1% Milk String Cheese & Orange Wedges</p>	<p>16 Biscuit•, Egg Patty•, Sliced Cheese, Hash Browns & 1% Milk Lemon Cod, WG Brown Rice, Steamed Corn, Spinach Salad w/Ranch Dressing• & 1% Milk Apple Wedges, WG Graham Crackers & Sun butter</p>	<p>17 WG Blueberry Bread•, Strawberries & 1% Milk Hamburgers, WG Bun, Lettuce & Tomato, Cinnamon Sweet Potatoes, Fresh Kiwi & 1% Milk Baby Carrots & Celery Sticks w/Ranch Dressing• & WG Cheez-Its</p>	<p>18 French Toast Sticks• w/Syrup, Blueberries & 1% Milk Homemade Chicken Tenders•, BBQ Baked Beans, WG Rolls, Romaine Salad w/Ranch Dressing• & 1% Milk Banana, WG Tortilla & Sun butter</p>	<p>19 NO SCHOOL</p>
<p>22 WG Chex, Pears & 1% Milk Chicken Taco Meat, Lettuce & Tomato, Crispy Taco Shell, Shredded Cheese, Salsa, Refried Beans, Mangoes & 1% Milk Cheese Cubes & Orange Wedges</p>	<p>23 WG English Muffin, Egg Patty•, Sliced Cheese, Hash Browns & 1% Milk White Bean Chicken Chili, Ritz Crackers, Spinach Salad, Chipotle Ranch•, Fresh Pineapple & 1% Milk Yogurt, Homemade Granola, Apple Wedges</p>	<p>24 WG Banana Bread•, Strawberries & 1% Milk Roast Turkey & Gravy/WG Cornbread•, Mashed Potatoes, Fresh Pineapple & 1% Milk Baby Carrots & Cucumbers w/Ranch Dressing• & WG Crackers</p>	<p>25 NO SCHOOL</p>	<p>26 NO SCHOOL</p>
<p>29 WG Chex, Roasted Apple Slices & 1% Milk Cheese Enchiladas w/WG Tortilla, Warm Black Bean & Corn Salad, Tortilla Chips, Mangoes & 1% Milk Hardboiled Egg• & Orange Wedges</p>	<p>30 WG Blueberry Bagel, Strawberry Cream Cheese, Fresh Cuties (orange) & 1% Milk Grilled Cheese w/WG Bread, Tomato Soup, Romaine Salad w/Ranch Dressing•, Fresh Pineapple & 1% Milk Apple Wedges, WG Graham Crackers & Sun butter</p>			<p>Foods that are GREEN Contain Dairy Foods with a RED • Contain Egg WG= whole grain foods</p>
