

May 2024

~All milk served is unflavored 1%~

Adams County Head Start Menu

Mon	Tue	Wed	Thu	Fri
<p>Foods that are GREEN Contain Dairy</p> <p>Foods with a RED • Contain Egg</p> <p>WG= whole grain foods</p>		<p>1 WG Oatmeal Muffin Bread•, Strawberries & 1% Milk</p> <p>Chicken Fried WG Rice, Broccoli Slaw w/Asian Sesame Dressing, Mandarin Oranges & 1% Milk</p> <p>Baby Carrots & Cucumbers w/Ranch Dressing• & WG Wheat Thins</p>	<p>2 NO SCHOOL</p>	<p>3 NO SCHOOL</p>
<p>6 NO SCHOOL</p>	<p>7 WG Tortilla, Scrambled Eggs•, American Cheese, Salsa, Hash Browns & 1% Milk</p> <p>Chicken Soup w/WG Noodles•, Spinach Salad, Ranch Dressing•, Steamed Green Beans & 1% Milk</p> <p>Greek Vanilla Yogurt, Homemade Granola & Apple Wedges</p>	<p>8 WG Blueberry Bread•, Strawberries & 1% Milk</p> <p>Beef Sloppy Joes, WG Bun, Roasted Red Potatoes, Fresh Pineapple & 1% Milk</p> <p>Baby Carrots & Pepper Strips w/Ranch Dressing• & WG Goldfish</p>	<p>9 French Toast Sticks• w/Syrup, Blueberries & 1% Milk</p> <p>Homemade Chicken Tenders•, BBQ Baked Beans, WG Rolls, Romaine Salad w/Ranch Dressing• & 1% Milk</p> <p>Banana, WG Tortilla & Sun butter</p>	<p>10 WG Kix, Mangoes & 1% Milk</p> <p>Sliced Turkey, American Cheese/WG Bread Stick, Baby Carrots w/Ranch Dressing•, Sliced Pears & 1% Milk</p> <p>WG Pretzel Goldfish & Mandarin Oranges</p>
<p>13 WG Chex & Pears & 1% Milk</p> <p>Chicken Taco Meat, Lettuce & Tomato, Crispy Taco Shell, Shredded Cheese, Salsa, Refried Beans, Mangoes & 1% Milk</p> <p>Cheese Cubes & Orange Wedges</p>	<p>14 Biscuit•, Egg Patty•, Sliced Cheese, Hash Browns & 1% Milk</p> <p>Lemon Cod, WG Brown Rice, Steamed Corn, Spinach Salad w/Ranch Dressing• & 1% Milk</p> <p>Apple Wedges, WG Graham Crackers & Sun butter</p>	<p>15 WG Banana Bread•, Strawberries & 1% Milk</p> <p>Roast Turkey & Gravy/WG Cornbread•, Mashed Potatoes, Fresh Pineapple & 1% Milk</p> <p>Baby Carrots & Cucumbers w/Ranch Dressing• & WG Crackers</p>	<p>16 WG Waffles• w/Syrup, Blueberries & 1% Milk</p> <p>Beef Lasagna•, WG Garlic Bread, Romaine Salad w/Italian Dressing, Steamed Broccoli & 1% Milk</p> <p>Banana, Greek Vanilla Yogurt & Homemade Granola</p>	<p>17 NO SCHOOL</p>
<p>20 WG Cheerios & Cinnamon Applesauce & 1% Milk</p> <p>WG Mac & Cheese•, Steamed Broccoli Coleslaw, Creamy Coleslaw Dressing• & 1% Milk</p> <p>String Cheese & Orange Wedges</p>	<p>21 ****Chef Choice****</p> <p>½ ounce whole grain, ½ cup fruit, & 1% Milk</p> <p>1 ½ ounce meat/meat alternative, ¼ cup vegetable, ¼ cup fruit, ½ ounce whole grain, & 1% Milk</p> <p>½ ounce whole grain, ½ cup fruit OR veggie</p> <p>**Indicate any allergens on labels & substitute accordingly</p>	<p>22 ****Chef Choice****</p> <p>½ ounce whole grain, ½ cup fruit, & 1% Milk</p> <p>1 ½ ounce meat/meat alternative, ¼ cup vegetable, ¼ cup fruit, ½ ounce whole grain, & 1% Milk</p> <p>½ ounce whole grain, ½ cup fruit OR veggie</p> <p>**Indicate any allergens on labels & substitute accordingly</p>	<p>23 ****Chef Choice****</p> <p>LAST DAY OF SCHOOL</p> <p>½ ounce whole grain, ½ cup fruit, & 1% Milk</p> <p>1 ½ ounce meat/meat alternative, ¼ cup vegetable, ¼ cup fruit, ½ ounce whole grain, & 1% Milk</p> <p>½ ounce whole grain, ½ cup fruit OR veggie</p> <p>**Indicate any allergens on labels & substitute accordingly</p>	