

HEAD START LUNCH MENU

DECEMBER

HEAD START

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
WG BREADED COD WG BUN DICED MELON STEAMED BROCCOLI 1% MILK	WG PASTA MARINARA MEATBALLS ROMAINE/TOMATO PEARS 1% MILK	WG CRISPY CHICKEN SANDWICH WG BUN SLICED MELON BAKED POTATO WEDGES 1%MILK	WG CHEESE PIZZA ROMAINE/TOMATO MANDARIN ORANGES 1% MILK	
10	11	12	13	14
BAKED BREADED CHICKEN DRUMSTICK WG MAC N CHEESE SLICED RED PEPPERS SLICED KIWI 1% MILK	WG CHICKEN NUGGETS MASHED POTATOES DICED CANTALOUPE 1% MILK	BAKED WG POTATO CRUSTED FISH STICKS BAKED POTATOES STEAMED GREEN BEANS MIXED FRUIT 1% MILK	WG CHEESE PIZZA PEAS AND CARROTS FRESH MELON SLICES 1% MILK	
17	18	19	20	21
WG BREADED COD WG BUN STEAMED BROCCOLI PEACHES 1% MILK	WG PASTA W/ BEEF MEAT SAUCE STEAMED PEAS/CARROTS DICED CANTALOUPE 1% MILK	BEEF CHILI WG CORN BREAD SLICED RED PEPPERS BLUEBERRIES 1% MILK	WG CHEESE PIZZA ROMAINE /TOMATO MANDARIN ORANGES 1% MILK	
24	25	26	27	28
WINTER HOLIDAY	WINTER HOLIDAY	WINTER HOLIDAY	WINTER HOLIDAY	
31				
WINTER HOLIDAY				

ALL GRAIN PRODUCTS SERVED ARE WHOLE GRAIN RICH.

CONTACT US:
Child Nutrition Services
541-937-2105 X 207



MENU SUBJECT TO CHANGE