


HEAD START LUNCH MENU



HEAD START

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	WINTER BREAK	WINTER BREAK	WINTER BREAK	
7	8	9	10	11
WG BREADED CHICKEN WG BISCUIT MIXED FRUIT STEAMED BROCCOLI 1% MILK	WG PASTA MARINARA MEATBALLS ROMAINE/TOMATO PEARS 1% MILK	BAKED WG POTATO CRUSTED FISH STICKS BROWN RICE STEAMED GREEN BEANS MIXED FRUIT 1% MILK	WG CHEESE PIZZA ROMAINE/TOMATO MANDARIN ORANGES 1% MILK	
14	15	16	17	18
WG CHICKEN NUGGETS MASHED POTATOES DICED CANTALOUPE 1% MILK	BEEF PATTY WG BUN BAKED POTATO WEDGES PEARS 1% MILK	WG BREADED COD WG BUN STEAMED BROCCOLI PEACHES 1% MILK	WG CHEESE PIZZA PEAS AND CARROTS FRESH MELON SLICES 1% MILK	
21	22	23	24	25
	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	
28	29	30	31	
WG BREADED POPCORN CHICKEN MASHED POTATO/GRAVY STRAWBERRIES 1% MILK	CHICKEN FAJITAS WG FLOUR TORTILLA PEPPERS AND ONIONS PEACHES 1% MILK	WG BREADED POLLOCK NUGGETS BROWN RICE STEAMED CORN BLUEBERRIES 1% MILK	WG CHEESE PIZZA ROMAINE/TOMATO MANDARIN ORANGES 1% MILK	

ALL GRAIN PRODUCTS SERVED ARE WHOLE GRAIN RICH.

CONTACT US:

Child Nutrition Services
541-937-2105 X 207



MENU SUBJECT TO CHANGE