

# September 2022

~All milk served is unflavored 1%~

# Adams County Head Start Menu

~Our Centers Participate in a USDA Funded Program and is an Equal Opportunity Provider and Employer~

Mon	Tue	Wed	Thu	Fri
<b>5</b>  <b>HOLIDAY</b>	<b>6</b> WW Mini Bagel●●, Strawberry Cream Cheese●, Roasted Apple Slices & 1% Milk●  Chicken Fried Rice, Steamed Edamame, Broccoli Slaw, Sesame Soy Dressing & 1% Milk●  WG Graham Crackers, Sunbutter & Fresh Apple Wedges	<b>7</b> Homemade WW Oatmeal Bread●, Strawberries & 1% Milk●  WW Spaghetti & Beef Meat Sauce, Sautéed Summer Squash, Fresh Pineapple Slices & 1% Milk●  Fresh Carrots & Cucumber Strips, Homemade Ranch Dressing●●, & WG Wheat Thins	<b>8</b> WW Pancakes●● with Syrup, Cinnamon Applesauce & 1% Milk●  Grilled Cheese on WW Bread●, Tomato Soup●, Romaine Salad with Homemade Ranch Dressing●● & 1% Milk●  Fresh Banana, Low-Fat Vanilla Greek Yogurt●, Homemade Granola	<b>9</b> WG Cinnamon Flakes, Fresh Fruit Salad & 1% White Milk●  Sliced Turkey & Cheese● with WW Ritz Crackers, Fresh Sliced Pineapple, Fresh Carrots with Homemade Ranch Dressing●● & 1% Milk●  WG Cheddar Goldfish● & Mandarin Oranges
<b>12</b> WG Cinnamon Chex, Sliced Peaches & 1% Milk●  WW Bean & Cheese Burrito●, Mexicali Corn, Homemade Salsa, Fresh Kiwis & 1% Milk●  Sliced Cheddar Cheese● & Fresh Orange Wedges	<b>13</b> Sunshine Tacos (WW Tortilla, Scrambled Eggs●●, Shredded Cheese●, Homemade Salsa, Hash Browns & 1% Milk●)  WW Chicken Noodle Soup●, Spinach Salad with Homemade Ranch Dressing●●, Steamed Green Beans & 1% Milk●  Fresh Apple Wedges, Low Fat Vanilla Greek Yogurt● & Homemade Granola	<b>14</b> Homemade WW Banana Bread●, Strawberries & 1% Milk●  Homemade Beef Sloppy Joes on WW Hamburger Bun, Roasted Red Potatoes, Fresh Pineapple Slices & 1% Milk●  Fresh Carrots & Pepper Strips, Homemade Ranch Dressing●●, & WG Triscuits	<b>15</b> WW Waffles●● with Syrup, Blueberries & 1% Milk●  Chicken Teriyaki with Brown Rice, Steamed Mixed Veggies, Romaine Salad with Sesame Soy Dressing & 1% Milk●  Banana Roll-Ups (Fresh Banana, WW Tortilla, Sunbutter)	<b>16</b>  <b>NO SCHOOL</b>
<b>19</b> WG Cheerios, Sliced Pears & 1% Milk●  Crunchy Chicken Tacos (Taco Chicken, Shredded Cheese●, Homemade Salsa, WG Crispy Taco Shell, Sautéed Peppers & Onions, Refried Beans & 1% Milk●)  Low-Fat Cottage Cheese●, Fresh Orange Wedges	<b>20</b> Egg & Cheese Biscuit (WW Biscuit●●, Egg Patty●●, Sliced Cheese●, Hash Browns & 1% Milk●)  Tasty Lemon Cod, Brown Rice, Steamed Corn, Spinach Salad with Homemade Ranch Dressing●● & 1% Milk●  WG Graham Crackers, Sunbutter & Fresh Apple Wedges	<b>21</b> Homemade WW Blueberry Bread●●, Strawberries & 1% Milk●  Roast Turkey with Homemade Gravy, Mashed Potatoes, Homemade WG Cornbread●●, Fresh Pineapple Slices & 1% Milk●  Fresh Carrots & Broccoli, Homemade Ranch Dressing●● & WG Cheddar Chex Mix●	<b>22</b> WW French Toast Sticks with Syrup, Blueberries & 1% Milk●  Homemade Beef Lasagna●●, WW Garlic Bread, Steamed Broccoli, Romaine Salad with Homemade Italian Dressing & 1% Milk●  Fresh Banana, Low-Fat Vanilla Greek Yogurt●, Homemade Granola	<b>23</b> WG Cinnamon Flakes, Fresh Fruit Salad & 1% White Milk●  Sliced Turkey & Cheese● on WW Bread, Fresh Lettuce & Tomatoes, Fresh Sliced Pineapple, Fresh Carrots with Homemade Ranch Dressing●● & 1% Milk●  WG Pretzel Goldfish● & Mandarin Oranges
<b>26</b> WG Cinnamon Chex, Pineapple Tidbits & 1% Milk●  Homemade WW Mac & Cheese●●, Steamed Broccoli, Fresh Coleslaw with Creamy Coleslaw Dressing● & 1% Milk●  Low-Fat Mozzarella String Cheese●, Fresh Orange Wedges	<b>27</b> Egg & Cheese Muffin (WW English Muffin, Egg Patty●●, Sliced Cheese●, Hash Browns & 1% Milk●)  Homemade White Chicken Chili●, WW Crackers, Spinach Salad with Homemade Chipotle Ranch Dressing●●, Fresh Pineapple & 1% Milk●  Fresh Apple Wedges, Low-Fat Vanilla Greek Yogurt● & Homemade Granola	<b>28</b> Homemade WW Banana Bread●, Strawberries & 1% Milk●  Grilled Hamburgers on a WW Bun, Fresh Lettuce & Tomatoes, Roasted Cinnamon Sweet Potatoes, Fresh Kiwis & 1% Milk●  Fresh Carrots & Celery, Homemade Ranch Dressing●● & WG Cheddar Cheez Itz●	<b>29</b> WW Waffles●● with Syrup, Blueberries & 1% Milk●  Homemade WG Cheese Pizza●, Romaine Salad with Homemade Italian Dressing, Fresh Fruit Salad & 1% Milk●  Banana Roll-Ups (Fresh Banana, WW Tortilla, Sunbutter)	<b>30</b>  <b>NO SCHOOL</b>

● Indicates Item Contains Dairy

● Indicates Item Contains Egg