

May 2022 Menu West Head Start Center

Monday	Tuesday	Wednesday	Thursday	Friday
2  Center Closed	3 WG Waffles, Blueberries HM Beef Softshell Tacos, Lettuce, Shredded Cheese, Corn, Apple Slices WG Animal Crackers	4 WG Apple Muffin Bar, Bananas Baked Chicken Breast, Mashed Potatoes, Gravy, WG Roll, Cucumbers & Dip, Kiwi Yogurt, Peaches	5 Cinnamon Toast, Applesauce Meatball Sliders on WG Bun, Cheese Slices, Tater Tots, Mandarin Oranges Pretzels, WG Goldfish Crackers	6 WG Crispix Cereal, Strawberries HM Chicken Penne, WG Bread, Broccoli, Fruit Mix Crackers, String Cheese
9 Center Closed	10 Breakfast Burrito, Blueberries HM Macaroni & Cheese, Diced Ham, WG Roll, Peas, Mandarin Oranges WG Chocolate Chip Muffin	11 Special K Cereal, Bananas HM Pizza Quesadilla, Cottage Cheese, Potato Smiles, Fresh Pineapple WG Graham Crackers, Peanut Butter	12 WG Pancakes, Baked Cinnamon Apples Turkey & Cheese Rollup with WG Tortillas, Pasta Salad, Carrots & Dip, Pears Cheese Cubes, WG Goldfish Crackers	13 Kix Cereal, Strawberries WG Chicken Nuggets, Cheesy Breadsticks, Corn, Applesauce WG Animal Crackers No Preschool or 4K
16 Center Closed	17 WG French Toast Sticks, Fruit Salsa Spaghetti, Meat Sauce, Garlic Bread, Green Beans, Mandarin Oranges WG Tortilla Chips, Salsa & Cheese Sauce	18 WG Kix Cereal, Bananas Chicken & Cheese Quesadilla, Cottage Cheese, Cherry Tomatoes, Cauliflower & Dip, Pears Waffle Sticks	19 WG Life Cereal, Oranges HM Baked Chicken Chimichangas, Salsa, Brown Rice, Corn, Apple Slices Rice Cakes, Peaches	20 Breakfast Sandwich, Strawberries HM Meat Pizza/Cheese Pizza, Cottage Cheese, Lettuce Salad, Oranges Yogurt, WG Granola
23 *Laura's classes in session - onsite! Same menu as Tuesday, May 24th Center Closed	24 Cinnamon Toast, Blueberries Meatballs, Gravy, Mashed Potatoes, WG Roll, Green Beans, Watermelon WG Graham Crackers	25 HM Egg Bake, Hash Browns, Salsa, WG Toast Cheese Ravioli, Meat Sauce, WG Bread, Broccoli, Fruit Salad WG Sun Chips	26 WG Frosted Mini Wheat Cereal, Oranges Chicken Fajita Strips, Softshells, Cheese, Salsa, Lettuce, Red Pepper Strips, Grapes Cheese & Crackers	27 WG Blueberry Muffin Bars, Applesauce Fish Sticks, Potato Smiles, WG Roll, Tropical Fruit Mix Soft Pretzel, Cheese Sauce
30  Center Closed	31 Bagel, Cream Cheese, Bananas Hot Ham & Cheese on Pretzel Bun, Sweet Potato Fries, Carrots & Dip, Grapes WG Peanut Butter & Jelly Sandwich	June 1 WG French Toast Sticks, Strawberries Burger with Bun, Cheese Slices, Raw Vegetables & Dip, Sun Chips, Pickles, Fresh Fruit, Cookies WG Muffin	June 2 WG Toast with Peanut Butter, Oranges Chicken Strips, Rice Pilaf, Cooked Carrots, Tropical Fruit Salad WG Graham Crackers, Apple Slices	June 3 WG Pancakes, Blueberries Walking Taco, (taco chips, taco meat, Shredded Cheddar Cheese, Lettuce, Tomato, Sour Cream, Salsa), Corn, Watermelon Animal Crackers

All-day session children receive breakfast, lunch and snack. Milk is served with meals and snacks and occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day. WG = whole grain HM = homemade

** Infants and Toddlers (I/T) will be fed "on demand" according to their own feeding patterns and what is developmentally right for each child. Infants that are developmentally ready are provided with infant cereal by itself or w/fruit &/or vegetables as well as some of the menu items. Peanut Butter is NOT fed to infants under 1 year according to Wisconsin State Licensing.