



June 2022 Head Start Menu - West Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red;">Milk is served with meals and snacks, 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.</p> <p style="color: red;">Water is available throughout the day.</p> <p>WG = whole grain WGR = whole grain rich HM = homemade</p>		<p>1 WG French Toast Sticks, Strawberries</p> <p>Burger with Bun, Cheese Slices, Raw Vegetables & Dip, Sun Chips, Pickles, Fresh Fruit, Cookies</p> <p>WG Muffin</p>	<p>2 WG Toast with Peanut Butter, Oranges</p> <p>Chicken Strips, Rice Pilaf, Cooked Carrots, Tropical Fruit Salad</p> <p>WG Graham Crackers, Apple Slices</p>	<p>3 WG Pancakes, Blueberries</p> <p>Walking Taco, (WG Taco Chips, Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, Sour Cream, Salsa), Corn, Watermelon</p> <p>WG Animal Crackers</p>
<p>6</p>  <p style="color: red;">Center Closed</p>	<p>7 WG Pancakes, Baked Cinnamon Apples</p> <p>HM Pizza Quesadilla, Cottage Cheese, Potato Smiles, Fresh Pineapple</p> <p>WG Chocolate Chip Muffin</p>	<p>8 Special K Cereal, Bananas</p> <p>WG Chicken Nuggets, Buttered Noodles, WG Roll, Peas, Applesauce</p> <p>WG Graham Crackers, Peanut Butter</p>	<p>9 WG Blueberry Muffin Bar, Strawberries</p> <p>Taco Meat, Softshell, Cheese, Salsa, Lettuce, Red Pepper Strips, Pears</p> <p>Cheese Cubes, WG Goldfish Crackers</p>	<p>10 WG Cheerios, Blueberries</p> <p>BBQ on a Bun, Cottage Cheese, Potato Smiles, Peaches</p> <p>WG Animal Crackers</p>
<p>13</p> <p style="color: red;">Center Closed</p>	<p>14 WG French Toast Sticks, Kiwi</p> <p>Meatball Sliders on WG Bun, Cheese Slices, Tater Tots, Mandarin Oranges</p> <p>Yogurt, Blueberries</p>	<p>15 WG Kix Cereal, Bananas</p> <p>HM Chicken & Cheese Quesadilla, Cottage Cheese, Cherry Tomatoes, Cauliflower & Dip, Pears</p> <p>Waffle Sticks</p>	<p>16 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Turkey Rollup with WG Tortillas, Pasta Salad, Carrots & Dip, Grapes</p> <p>Rice Cakes, Peaches</p>	<p>17 Breakfast Sandwich, (English Muffin, Egg Patty, Cheese Slice), Applesauce</p> <p>HM Meat Pizza/Cheese Pizza, Cottage Cheese, Lettuce Salad, Oranges</p> <p>WG Muffin</p>
<p>20</p> <p style="color: red;">Center Closed</p>	<p>21 WG Cinnamon Toast, Peaches</p> <p>Meatballs, Gravy, Mashed Potatoes, WG Bread/Roll, Green Beans, Pineapple</p> <p>WG Graham Crackers, Strawberries</p>	<p>22 HM Scrambled Egg Bake, Hash Browns, Salsa, WG Toast</p> <p>Cheese Ravioli, Meat Sauce, WG Breadsticks, Broccoli, Fruit Salad,</p> <p>WG Sun Chips</p>	<p>23 WG Life Cereal, Blueberries</p> <p>Chicken Fajita Strips, Softshells, Cheese, Salsa, Lettuce, Red Pepper Strips, Oranges</p> <p>Cheese and Crackers</p>	<p>24 WG Apple Cinnamon Muffin Bars, Applesauce</p> <p>Ham & Cheese on Hawaiian Roll, Pasta Salad, Carrots & Dip, Grapes</p> <p>Cottage Cheese, WG Goldfish Crackers</p>
<p>27</p>  <p style="color: red;">Center Closed</p>	<p>28 WG Waffles, Strawberries</p> <p>HM Macaroni & Cheese, Diced Ham, WG Breadstick, Peas, Tropical Fruit Salad</p> <p>WG Peanut Butter and Jelly Sandwich</p>	<p>29 Breakfast Burrito, (WG Tortilla, Eggs, Cheese, Ham), Bananas</p> <p>Tomato Soup, HM Grilled Cheese WG Sandwich, Ham, Cucumbers & Dip, Oranges</p> <p>Yogurt, Bananas</p>	<p>30 WG Cinnamon Toast, Applesauce</p> <p>HM Beef Stroganoff, Buttered Noodles, WG Roll/Bread, Cooked Carrots, Pineapple</p> <p>Pretzels, WG Goldfish Crackers</p>	

** 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.