

March 2023

Wood County Head Start, Inc.
This institution is an equal opportunity provider

Mon	Tue	Wed	Thu	Fri
<p><i>*Morning session receives Breakfast and Lunch.</i> <i>Afternoon session receives Lunch and Snack.</i> <i>All-day sessions receive Breakfast, Lunch and Snack.</i></p> <p>Milk is served with meals (occasionally juice may be served at snack instead of milk to 1-5 year old's). Unflavored whole milk is served to 1 year old's; Unflavored 1% or skim milk is served</p>		<p>1 Special K Cereal Pears</p> <p>Hamburgers on a Bun Cheese Slices, Pickles Baked Beans Carrots & Dip Oranges</p> <p>Cheese and Crackers</p>	<p>2 Bagels w/ peanut butter Fruit cocktail</p> <p>Chicken Nuggets WG Bread/Roll Sweet Potato Fries Pineapple</p> <p>Yogurt, Strawberries</p>	<p>3 Honey bunch oats Blueberries</p> <p>HM Chicken Penne Pasta Cottage Cheese Garlic Bread California Vegetables Apple Slices</p> <p>WG Sun Chips</p>
<p>6 <i>I/T Only</i> Cheerios Mixed Fruit</p> <p>HM English Muffin Pizzas WG Breadstick & Dipping Sauce Mixed Vegetables Applesauce</p> <p>WG Toast, Peanut Butter & Jelly</p>	<p>7 French Toast Strawberries & Blueberries</p> <p>HM Chicken & Cheese Quesadillas, Salsa Rice Pilaf Lettuce Salad Pineapple</p> <p>WG Chex Mix</p>	<p>8 WG Oatmeal Bananas</p> <p>HM Beef Stroganoff Buttered Noodles WG Bread/Roll Green Beans Oranges</p> <p>Pretzels Cheese Cubes</p>	<p>9 WG Pancakes Peaches, Yogurt</p> <p>Tomato Soup, Ham HM WG Grilled Cheese Veggies & Dip Pears</p> <p>Graham Crackers, Peanut Butter,</p>	<p>10 WG Life Cereal Mandarin Oranges</p> <p>Cheese Ravioli Meat Sauce Cheesy Garlic Bread Corn Tropical Fruit Salad</p> <p>HM Trail Mix with WG Goldfish Crackers</p>
<p>13 <i>I/T Only</i> Rice Crisp Cereal Mixed Fruit</p> <p>HM Chicken & Rice Casserole WG Bread/Roll Peas & Carrots Peaches</p> <p>WG Muffins</p>	<p>14 WG Waffles Mixed Berries</p> <p>HM Cheese/Meat Pizza Cottage Cheese Veggies & Dip Mandarin Oranges</p> <p>WG Animal Crackers Bananas</p>	<p>15 WG Frosted Mini Wheats Strawberries</p> <p>HM Macaroni & Cheese Diced Ham WG Rolls Broccoli Apple Slices</p> <p>Pretzels & Goldfish and Peanut butter</p>	<p>16 Egg, Ham, Cheese on a English Muffin, Oranges</p> <p>Meatballs Mashed Potatoes, Gravy WG Bread/Roll Corn Fruit Mix</p> <p>Cheese Crackers</p>	<p>17 Cinnamon Toast Applesauce</p> <p>Baked Fish Cheesy Hashbrowns WG Bread/Roll Green Beans Peaches & Pears</p> <p>Peanut Butter & Jelly WG Sandwich</p>
<p>20 <i>I/T Only</i> WG Kix Cereal Mixed Fruit</p> <p>HM Chicken Alfredo Pasta Garlic Bread Cooked Carrots Pears</p> <p>WG Graham Crackers Applesauce</p>	<p>21 french Toast Sticks Fruit Salsa</p> <p>HM Chili with Noodles Cheese, Crackers Cucumbers & Dip Pineapple</p> <p>WG Tortilla Chips, Salsa</p>	<p>22 WG Cheerios Mixed Fruit</p> <p>Sweet & Sour Meatballs Buttered Noodles WG Breadsticks Peas Peaches</p> <p>Crackers Cheese</p>	<p>23 WG Pancakes Baked Cinnamon Apples & WG Granola</p> <p>Turkey, Gravy Mashed Potatoes WG Bread/Roll Green Beans, Fruit Mix</p> <p>Pretzels, WG Goldfish Peanut Butter</p>	<p>24 <i>Breakfast Burrito (egg, cheese tortilla), salsa, kiwi fruit</i></p> <p><i>Chicken Nuggets, Rice pilaf, veggies, dip, peaches</i></p> <p><i>WG chocolate chip muffin bar, ice cream cup</i></p>
27	28	29	30	31

Spring Break

**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. Substitutes are provided for allergies.