

March 2023 Head Start Menu – Marshfield Centers

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Corn-flakes, bananas BBQ on a WG bun, cheese slices, potato smiles, grapes Vanilla Wafers	2 WG Cinnamon Toast, Fruit Salsa Chicken Noodle Soup, WG Breadsticks , Carrot Sticks & Dip, Apple Slices Trail Mix	3 WG Cheerios Cereal, Strawberries Hamburger on WG Bun, Brown Beans, Cheese Slices, Mixed Berries Graham Crackers No preschool or 4K
6 Cocoa Munchees Cereal, Fruit Cocktail Cheese Ravioli & Meat Sauce, WG Breadsticks, Broccoli, Pineapple Sugar Free Jello YMCA ONLY	7 Cheese Omelette, WG Toast, Orange Slices Bean & Cheese Burrito, Rice Pilaf, WG Tortilla Chips, Corn, Mixed Berries Vanilla Pudding	8 Rice Krispies, Dried Cranberries, Bananas WG Chicken Nuggets, French Fries, Peas, Blueberries Cheddar Chex Mix 100% Juice	9 Oatmeal, Cinnamon Applesauce Taco Meat, WG Tortilla Shells, Cheese, Lettuce, Salsa, Red Pepper Strips, Tropical Fruit Rice Cakes	10 WG Blueberry Muffins, Pears HM Cream Of Potato Soup, Ham, Cheese Slices, Hawaiian Rolls, Carrots & Dip, Peaches WG Sun Chips
13 WG Life Cereal, Pears Scalloped Potatoes & Ham, WG Rolls, Broccoli, Apple Slices String Cheese & Crackers	14 WG Apple Cinnamon Muffins, Strawberries HM Meat & Cheese Pizza, Cottage Cheese, Lettuce Salad, Mandarin Oranges Bug Bites	15 WG French Toast Sticks, Peaches Shredded Chicken on a WG Bun, Cheese Slices Cucumbers & Dip, Kiwi Peanut Butter & Jelly Sandwiches	16 Special K Cereal, Banana Fish Sticks, Buttered Noodles, Mixed Vegetables, Tropical Fruit Animal Crackers	17 Hard Boiled Eggs, WG Toast Fruit Cocktail WG Chicken Patty on a bun, Sweet Potato Fries, Corn, Applesauce Yogurt, Blueberries
20 Kix Cereal, Strawberries HM Chicken Alfredo Texas Toast, Cooked Carrots, Fruit Salsa WG Ritz Crackers & Peanut Butter YMCA ONLY	21 WG Waffles, Pears Shredded Pork, Mashed Potatoes, Gravy, WG Bread, Green Beans, Mandarin Oranges Chocolate Oatmeal Bar	22 Cinnamon Toast, Applesauce HM Chili W/ Noodles, Crackers, Cheese, Carrots & Dip, Orange Slices Scooby Graham Snacks	23 WG Honey Cheerios, Bananas Macaroni & Cheese, Diced Ham, WG Breadsticks, Peas, Grapes Cheddar Sun Chips 100% Juice	24 English Muffins, Egg, ,Ham, Cheese, Pineapple Chicken Fajitas Strips, WG Tortillas, lettuce, Cheese, Salsa, Red Pepper Strips & Dip Blueberries Vanilla Wafers
27 Corn Flakes, Strawberries Spaghetti & Meatsauce, Texas Toast, Green Beans, Pineapple Animal Crackers YMCA ONLY	28 Scrambled Eggs ,WG Toast, Peaches WG Chicken Tenders, French Fries, Broccoli, Mandarin Oranges Sugar Free Jello Cups YMCA ONLY	29 Special K cereal Bananas Cheesy flatbread, lettuce salad w/ tomatoes, cottage cheese, pears WG peanut butter and jelly sandwich YMCA Only	30 Banana Bread, Fruit Cocktail Hamburger on WG Bun, Cheese Slices, Tater Tots, Mixed Berries Vanilla Pudding YMCA ONLY	31 WG French Toast Sticks, Blueberries WG Chicken Pattys on WG Bun, Potato Smiles, Tropical Fruit Bug Bites YMCA ONLY

Unflavored whole milk is served to 1 year olds, unflavored 1% milk is served to 2-5 year olds. Occasionally juice is served at snack time instead of milk, to 1-5 year olds. Water is available throughout the day.

WG = whole grain WGR = whole grain rich HM = homemade

** Infants and Toddlers are fed "on demand" according to personal feeding patterns. Those developmentally ready are served infant cereal alone or w/fruit &/or vegetables and some menu items. Peanut Butter is NOT fed to those under 1 year according to Wisconsin State Licensing.