

## Nekoosa Head Start Centers March 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>WG = whole grain WGR = whole grain rich HM = homemade</p>		<p>1 WG Muffin, Strawberries</p> <p>Pasta with Meatballs &amp; Sauce Cheesy Garlic Toast Roasted Broccoli Caesar Side Salad Canned Fruit</p> <p>WG Chex Mix</p>	<p>2 Cheerios, Bananas</p> <p>Corn Dog Potato Wedges Cucumber Slices Canned Fruit</p> <p>WG Peanut Butter &amp; Jelly Sandwich</p>	<p>3</p>  <p><b>No School</b></p>
<p>6</p> <p><b>No School</b></p>	<p>7 WG French Toast Sticks, Applesauce</p> <p>Cheeseburger on a Bun Golden French Fries Romaine Lettuce Canned Fruit</p> <p>Pretzels, WG Goldfish Crackers, Peanut Butter</p>	<p>8 WG Muffins, Strawberries</p> <p>Chicken Nachos w/cheese Refried Beans Romaine Lettuce, Salsa Fresh Fruit Cinnamon Churro</p> <p>WG Animal Crackers</p>	<p>9 WG Kix Cereal Oranges</p> <p>Cheese Fries Steamed Green Beans Coleslaw Canned Fruit</p> <p>WG Chex Mix, 100% Juice Slush Cup</p>	<p>10 Egg Sandwich, Apple Slices</p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Corn Baby Carrots Fresh Fruit</p> <p>WG Muffins</p>
<p>13</p> <p><b>No School</b></p>	<p>14 WG Life Cereal, Bananas</p> <p>Beef Hot Dog on a Bun Cucumber Ranch Salad Celery Sticks Fresh Fruit</p> <p>Cheese, Crackers, 100% juice</p>	<p>15 WG Pancakes, Blueberries</p> <p>Chicken and Cheese Quesadilla Spiced Pinto Beans Romaine Lettuce, Salsa Canned Fruit</p> <p>WG Graham Crackers</p>	<p>16 WG Muffins, Peaches</p> <p>Cheeseburger on a WG Bun Pickle Slice Potato Wedge Cauliflower Floret Fresh Fruit</p> <p>WG Tortilla Chips, Cheese Sauce &amp; Salsa</p>	<p>17 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Cheese Pizza Baby Carrots Canned Fruit</p> <p>Trail Mix with WG Gold Fish Crackers</p>
<p>20</p>  <p><b>No School</b></p>	<p>21 WG Waffles, Blueberries</p> <p>Grilled Chicken Sandwich Calico Bean Bake Red/Orange Bell Pepper Canned Fruit</p> <p>Peanut Butter &amp; Jelly WG Sandwiches</p>	<p>22 WG Cheerios, Bananas</p> <p>Chicken Alfredo w/Pasta Bread Stick Glazed Carrots Caesar Side Salad Fresh Fruit</p> <p>Cheese, Pretzels</p>	<p>23 Cinnamon Toast, Applesauce</p> <p>Chicken Parmesan W/Pasta Steamed Corn Canned Fruit</p> <p>Yogurt, Strawberries, WG Granola</p>	<p>24 Crispix Cereal, Mandarin Oranges</p> <p>Loaded Fry Bar Whole Grain Dinner Roll Steamed Broccoli Fresh Fruit</p> <p>WG Sun Chips, 100% Juice Slush</p>
<p>27</p> <p>No School- Spring Break</p>	<p>28</p> <p>No School- Spring Break</p>	<p>29</p> <p>No School- Spring Break</p>	<p>30</p> <p>No School- Spring Break</p>	<p>31</p> <p>No School- Spring Break</p>