

## May 2023 Menu Biron & West Head Start Centers

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 WG Cheerios, Applesauce</p> <p>HM Macaroni and Cheese, Turkey on a WG Roll, Peas, Pears</p> <p>Trailmix with WG Goldfish</p> <p><b>1/2 Day Preschool in Session</b></p>	<p>2 WG Waffles, Blueberries</p> <p>Hamburger on WG Bun, Cheese Slices, Sweet Potato Fries, Corn, Apple Slices</p> <p>WG Animal Crackers</p>	<p>3 Cottage Cheese, Pineapple, WG Toast</p> <p>Baked Chicken Breast, Mashed Potatoes, Gravy, WG Roll, Cucumbers &amp; Dip, Seasonal Fruit</p> <p>WG Tortilla Chips &amp; Salsa</p>	<p>4 WG Muffin Bar, Bananas</p> <p>Lentil &amp; Beef Taco Meat, Soft Shells &amp; WG Chips, Shredded Cheese &amp; Lettuce, Guacamole, Fresh Veggies w/ Dip, Watermelon</p> <p>Seasonal Fruit, Yogurt &amp; WG Granola</p>	<p>5 WG Crispix Cereal, Strawberries</p> <p>Ham, Turkey &amp; Cheese Slices, Hawaiian Roll, Potato Salad, Seasonal Fruit</p> <p>WG Crackers, String Cheese</p> <p><b>Last Day of 1/2 day Preschool</b></p>
<p>8 WG French Toast Sticks, Strawberries</p> <p>Chicken Sandwich, Cheese Slices, Raw Veggies &amp; Dip, WG Sun Chips, Pickles, Fresh Fruit</p> <p>WG Animal Crackers</p> <p><b>Preschool in Session (except 1/2 day)</b></p>	<p>9 Breakfast Burrito, Blueberries</p> <p>Beef BBQ, WG Roll, Peas, Baked Beans, Mandarin Oranges</p> <p>WG Chocolate Chip Muffin</p>	<p>10 Special K Cereal, Bananas</p> <p>Turkey &amp; Cheese Rollup with WG Tortillas, Pasta Salad, Carrots &amp; Dip, Pears</p> <p>WG Graham Crackers, Peanut Butter, 100% Juice</p>	<p>11 WG Pancakes, Baked Cinnamon Apples</p> <p>HM Pizza Quesadilla, Cottage Cheese, Potato Smiles, Seasonal Fruit</p> <p>Cheese Cubes, WG Goldfish Crackers</p>	<p>12 WG Kix Cereal, Seasonal Fruit</p> <p>WG Chicken Nuggets, Buttered Noodles, Cheesy Breadsticks, Corn, Applesauce</p> <p>WG Animal Crackers</p>
<p>15 WG Blueberry Muffin Bars, Applesauce</p> <p>Fish Sticks, Potato Smiles, WG Roll, Tropical Fruit Mix</p> <p>Hard Boiled Egg, WG Crackers</p>	<p>16 WG Life Cereal, Oranges</p> <p>Chicken &amp; Cheese WG Quesadilla, Cottage Cheese, Cherry Tomatoes, Cauliflower &amp; Dip, Pears</p> <p>WG Tortilla Chips, Salsa</p>	<p>17 WG Cheerios, Bananas</p> <p>Spaghetti, Meat Sauce, Garlic Bread, Green Beans, Mandarin Oranges</p> <p>Trail Mix, 100% Juice Slush Cup</p>	<p>18 WG French Toast Sticks, Sausage, Mixed Berries</p> <p>HM Baked Chicken Chimichangas, Salsa, Rice, Corn, Apple Slices</p> <p>Rice Cakes, Peaches</p>	<p>19 WG Breakfast Sandwich, Seasonal Fruit</p> <p>HM Meat Pizza/Cheese Pizza, Cottage Cheese, Lettuce Salad, Oranges</p> <p>Yogurt, WG Granola, Seasonal Fruit</p>
<p>22 WG Pancakes, Blueberries</p> <p>Chicken Strips, Rice Pilaf, Cooked Carrots, Tropical Fruit Salad</p> <p>WG Graham Snacks, Apple Slices</p> <p><b>Preschool in Session (except 1/2 day)</b></p>	<p>23 Cinnamon Toast, Seasonal Fruit</p> <p>Meatballs, Gravy, Mashed Potatoes, WG Roll, Green Beans, Watermelon</p> <p>WG Chex Mix</p>	<p>24 HM Egg Bake, Hash Browns, Salsa, WG Toast</p> <p>Cheese Ravioli, Meat Sauce, WG Bread, Broccoli, Fruit Salad</p> <p>WG Sun Chips</p>	<p>25 WG Frosted Mini Wheat Cereal, Oranges</p> <p>Chicken Fajita Strips, Softshells, Cheese, Black Beans, Salsa, Lettuce, Red Pepper Strips, Seasonal Fruit</p> <p>Cheese &amp; WG Crackers</p>	<p>26</p>  <p><b>Center Closed-Record Keeping Day</b></p>
<p>29</p>  <p><b>Center Closed-Memorial Day</b></p>	<p>30 Bagel, Cream Cheese, Seasonal Fruit</p> <p>Walking Taco, (WG taco chips, taco meat, Shredded Cheese, Lettuce, Tomato, Sour Cream, Salsa), Corn, Watermelon</p> <p>WG PB &amp; Jelly Sandwich</p>	<p>31 WG Toast with Peanut Butter, Banana</p> <p>Hot Ham &amp; Cheese on Pretzel Bun, Sweet Potato Fries, Carrots &amp; Dip, Seasonal Fruit</p> <p>WG Muffin, 100% Juice Slush Cup</p>		

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.

