

May 2023 Nekoosa Head Start Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed	2 WG Corn Flakes Cereal, Banana Crispy Chicken Nuggets Whole Grain Dinner Roll Roasted Broccoli Cherry Tomato Fresh Orange WG Chex Mix	3 WG French Toast Sticks Sticks, Oranges Macaroni & Cheese WG Dinner Roll Roasted Corn Cucumber Slices Mixed Canned Fruit WG Animal Crackers	4 WG Cinnamon Toast, Applesauce Beef Hot Dog on a Bun Baked Beans Celery Sticks Banana Rice Cakes, 100% Juice	5 WG Honey Bunches of Oats Cereal, Strawberries Max Stix Marinara Sauce Coleslaw Broccoli Florets Pineapple Tidbits WG Peanut Butter & Jelly Sandwich
8. In Session WG Crispix Cereal, Blueberries Chicken Bacon Ranch Melt Green Beans Cherry Tomato Fresh Grapes String Cheese, Pretzels	9 WG Life Cereal, Bananas BBQ Rib Sandwich Steamed Corn Cucumber Slices Diced Pears WG Muffin	10 WG Pancakes, Peaches Popcorn Chicken Potato Wedges Red Peppers Apple Slices Blueberries, Yogurt, WG Granola	11 WG Kix Cereal, Oranges Cheeseburger on a Bun Steamed Corn Baby Carrots Banana Trail Mix with WG Goldfish Crackers	12 WG Bagel, Cream Cheese, Fruit Salsa French Toast Sticks Sausage Patty Steamed Carrots Cherry Tomato Sliced Peaches WG Sun Chips, 100% Juice
15  Center Closed	16 WG Cinnamon Toast, Bananas Mini Corn Dogs Whole Grain Dinner Roll Baked Beans Cucumber Slices WG Chex Mix, 100 % Juice Slush Cup	17 WG Muffin Bar, Applesauce Chicken Nachos Salsa Steamed Corn Red/Orange Bell Pepper Banana WG Tortilla Chips, Salsa	18 WG Life Cereal, Kiwi Grilled Cheese Sandwich French Fries Broccoli Florets Sliced Peaches Rice Cakes, Oranges	19 Egg, Cheese, Ham on WG English Muffin, Blueberries Cheese Pizza Steamed Green Beans Baby Carrots Blueberries Seasonal Fruit, Yogurt, WG Granola
22 In Session WG Cheerios, Applesauce Hot Ham & Cheese Flatbread Baked Beans Cucumber Slices Fresh Pear Trail Mix w/WG Goldfish Crackers	23 WG Bagel, Cream Cheese, Peaches Pasta with Meat Sauce Garlic Toast Steamed Green Beans Baby Carrots Mixed Canned Fruit Cheese, WG Crackers, 100% Juice Slush Cup	24 WG Pancakes, Baked Cinnamon Apples Chicken Potstickers Brown Rice Steamed Carrots Celery Sticks Banana Seasonal Fruit, Yogurt, WG Granola	25 WG Blueberry Muffin Bar, Oranges Beef Chili Cornbread Potato Wedges Cucumber Slices Pineapple Tidbits WG Graham Crackers, Strawberries	26 Center Closed- Record Keeping Day
29  Center Closed- Memorial Day	30 WG Kix Cereal, Blueberries Beef Hot Dog on a Bun Baked Beans Cherry Tomato Apple Slices 1% Milk WG Peanut Butter & Jelly Sandwich	31 WG Muffin, Pears Orange Chicken Brown Rice Steamed Carrots Cucumber Slices Fresh Grapes Seasonal Fruit, Yogurt, WG Granola		

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.