

## September 2023 Head Start Menu - West & Biron Centers

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red;">Milk is served with meals and snacks, 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.</p> <p>WG = whole grain    WGR = whole grain rich    HM = homemade</p> <p>** 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 &amp;/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.</p>				<p>1 Special K Cereal, Blueberries</p> <p>Meatball Sliders on WG Bun, Cheese Slices, Tater or Cheesy Tots, Watermelon</p> <p>WG Animal Crackers, 100% Juice Slush Cup</p>
<p>4</p>  <p style="color: red;">Center Closed</p>	<p>5 WG Cinnamon Toast, Seasonal Fruit</p> <p>WG Chicken Nuggets, Buttered Noodles, WG Roll, Peas, Applesauce</p> <p>WG Muffin, Seasonal Fruit</p>	<p>6 WG Waffles, Bananas</p> <p>Chicken or Tuna Salad on WG Bread, Cheese Cubes, Sweet Potato Fries, Pears</p> <p>WG graham crackers, peanut butter</p>	<p>7 WG Blueberry Muffin Bar, Strawberries</p> <p>Taco Pasta Salad with Meat, Cheese, Lettuce, &amp; Corn, WG Tortilla Chips, Salsa, Melon</p> <p>Pretzels, WG Goldfish Crackers, Cheese Cubes</p>	<p>8 WG Cheerios, Blueberries</p> <p>BBQ on a WG Bun, Cheese, Coleslaw, Baked Beans, Peaches</p> <p>WG Animal Crackers, 100% juice</p>
<p>11</p>  <p style="color: red;">Center Closed</p>	<p>12 WG Honey Bunches of Oats Cereal, Mixed Berries</p> <p>HM Chicken &amp; Cheese Quesadilla on WG Tortilla, Black Beans, Cherry Tomatoes w Dip, Pears</p> <p>Yogurt, Blueberries, WG Granola</p>	<p>13 Scrambled Eggs, WG Toast, Jelly, Bananas</p> <p>Turkey &amp; Cheese Rollup with WG Tortillas, Pasta Salad, Carrots &amp; Dip, Grapes</p> <p>WG Trail Mix, Apple Slices</p>	<p>14 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Stir Fry Veggies with Chicken, WG Brown Rice, Spring Rolls with Sauce, Mandarin Oranges</p> <p>Rice Cakes, Peaches</p>	<p>15 Breakfast Burrito, (WG Tortilla, Eggs, Cheese, Ham), Orange Wedges</p> <p>HM Meat Pizza/ Cheese Pizza, Cottage Cheese, Lettuce Salad, Pineapple</p> <p>WG muffin, 100% Juice Slush Cups</p>
<p>18 Hard Boiled Eggs, Bagels w/Jam</p> <p>WG Spaghetti with Meat Sauce, Cheesy Breadstick, Broccoli, Pears</p> <p>String Cheese, Animal Crackers</p> <p style="color: red;">I/T Only</p>	<p>19 WG Life Cereal, Blueberries</p> <p>Tomato soup, HM Grilled Cheese WG Sandwich, Ham Slices, Cucumbers &amp; Dip, Pears</p> <p>Rice Cakes, Strawberries</p>	<p>20 HM Scrambled Egg Bake, Hash Browns, WG Toast</p> <p>Chicken Strips, Rice Pilaf, Sugar Snap Peas, Orange Wedges</p> <p>WG Sun Chips, 100% Juice</p>	<p>21 WG Pancakes, Fruit Salsa</p> <p>Chicken Fajita Strips, WG Softshells, Cheese, Salsa, Lettuce, Mixed Pepper Strips &amp; Dip, Kiwi</p> <p>WG Tortilla Chips with Salsa</p>	<p>22 WG Apple Cinnamon Muffin Bars, Applesauce</p> <p>Pasta Salad with Ham &amp; Cheese, Hawaiian Roll, Cucumber Slices &amp; Dip, Grapes</p> <p>WG Goldfish Crackers, Fruit Cocktail</p>
<p>25 WG Banana Bread, Melon</p> <p>Bean &amp; Cheese Burrito, WG Tortilla Chips, Salsa, Mexican Coleslaw, Pineapple</p> <p>WG Chex Mix, Apple Slices</p> <p style="color: red;">I/T Only</p>	<p>26 Kix cereal, Strawberries</p> <p>HM Macaroni &amp; Cheese, Diced Ham, WG Breadstick, Peas, Fruit Salad</p> <p>WG Peanut Butter and Jelly Sandwich</p>	<p>27 WG English Muffin Egg &amp; Cheese Sandwich, Bananas</p> <p>Shredded Chicken, Gravy, Mashed Potatoes, WG /Roll, Green Beans, Peaches</p> <p>Yogurt, Mixed Berries, WG Granola</p>	<p>28 WG Cinnamon Toast, Applesauce</p> <p>HM Beef Stroganoff, Buttered Noodles, WG Roll/Bread, Cooked Carrots, Peaches</p> <p>WG Goldfish Crackers, Cheese Cubes</p>	<p>29 WG French Toast Sticks, Strawberries</p> <p>Cheese Ravioli, Meat Sauce, WG Breadsticks, Broccoli, Fruit salad</p> <p>WG Soft Pretzel w Cheese Sauce, 100% Juice</p>