

# September 2023 Head Start Menu - Nekoosa

Monday

Tuesday

Wednesday

Thursday

Friday

All-day session children receive breakfast, lunch and snack.

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% milk is served to 2-5 year olds. Water is available throughout the day.

WG = whole grain    WGR = whole grain rich    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.

 <p>4 Center Closed</p>	<p>5 WG Cinnamon Toast, Seasonal Fruit</p> <p>Popcorn Chicken Potato Wedges Roasted Corn, Cucumber Slices, Mixed Canned Fruit</p> <p>WG Muffin, Seasonal Fruit</p>	<p>6 WG Waffles, Strawberries</p> <p>Choice of Tacos or Nachos, Refried Beans, Cherry Tomatoes, Fresh Grapes</p> <p>WG Graham Crackers, Peanut Butter</p>	<p>7 WG Blueberry Muffin, Bananas</p> <p>Pasta w Meat Sauce, Garlic Toast, Roasted Broccoli, Baby Carrots, Applesauce</p> <p>Pretzels, WG Goldfish Crackers, Cheese Cubes</p>	<p>8 WG Cheerios, Blueberries</p> <p>French Toast Sticks, Sausage Patty, Glazed Carrots, Celery Sticks, Diced Pears</p> <p>WG Animal Crackers, 100% juice</p>
 <p>11 Center Closed</p>	<p>12 WG Honey Bunches of Oats Cereal, Mixed Berries</p> <p>Crispy Chicken Sandwich, Golden Crinkle Fries, Baked Beans, Baby Carrots, Mixed Canned Fruit</p> <p>WG Muffin, 100% Juice Slush Cups</p>	<p>13 Hard Boiled Egg, WG Toast, Jelly, Bananas</p> <p>Meatloaf, WG Dinner Roll, Mashed Potatoes, Gravy, Baby Carrots, Pineapple Tidbits</p> <p>WG Trail Mix, Apple Slices</p>	<p>14 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Chicken Potstickers, Brown Rice, Steamed Broccoli, Baby Carrots, Fresh Orange</p> <p>Rice Cakes, Peaches</p>	<p>15 WG Muffin Bar, Orange Wedges</p> <p>Cheese Pizza, Green Beans, Cherry Tomato, Diced Pears</p> <p>Yogurt, Blueberries, WG Granola</p>
 <p>18 Center Closed</p>	<p>19 WG Life Cereal, Blueberries</p> <p>Beefy Nachos, Salsa, Refried Beans, Celery Sticks, Apple Slices</p> <p>Rice Cakes, Strawberries</p>	<p>20 WG Pancakes, Fruit Salsa</p> <p>Cheeseburger on Bun, Steamed Carrots, Cucumber Slices, Watermelon Chunks</p> <p>WG Sun Chips, 100% Juice</p>	<p>21 WG Kix Cereal, Kiwi</p> <p>Popcorn Chicken Bowl, Bread Stick, Steamed Corn, Broccoli Florets, Blueberries</p> <p>WG Tortilla Chips with Salsa</p>	<p>22 WG Apple Cinnamon Muffin Bars, Applesauce</p> <p>Beef Chili, Cornbread, Steamed Green Beans, Baby Carrots, Diced Peaches</p> <p>WG Goldfish Crackers, Fruit Cocktail</p>
<p>25 WG Banana Bread, Melon</p> <p>Cheese Bosco Stick, Marinara Sauce, Steamed Green Beans, Red/Orange Bell Pepper, Fresh Grapes</p> <p>Yogurt, Mixed Berries, WG Granola</p> <p>In Session</p>	<p>26 WG Corn Flakes Cereal, Strawberries</p> <p>Pancake, Sausage Patty, Tater Tots, Red/Orange Bell Pepper, Applesauce</p> <p>WG Peanut Butter and Jelly Sandwich</p>	<p>27 WG English Muffin Egg &amp; Cheese Sandwich, Applesauce</p> <p>Orange Chicken, Brown Rice, Roasted Broccoli, Baby Carrots, Pineapple Tidbits</p> <p>WG Chex Mix, Apple Slices</p>	<p>28 WG Crispix Cereal, Bananas</p> <p>Beef Nachos, Potato Wedges, Steamed Carrots, Celery Sticks, Fresh Grapes,</p> <p>WG Goldfish Crackers, Cheese Cubes</p>	 <p>29 Center Closed</p>