

May 2024 Menu West Head Start Center

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Scrambled Eggs, Apple Slices, WG Toast</p> <p>Baked Chicken Breast, Mashed Potatoes, Gravy, WG Roll, Cucumbers & Dip, Seasonal Fruit</p> <p>WG Tortilla Chips & Salsa</p>	<p>2 WG Muffin, Banana</p> <p>Lentil & Beef Taco Meat, WG Soft Shells, Shredded Cheese & Lettuce, Fresh Veggies w/ Dip, Watermelon</p> <p>Seasonal Fruit, Yogurt & WG Granola</p>	<p>3 WG Cheerios Cereal, Fresh Strawberries</p> <p>Ham, Turkey & Cheese Slices, Hawaiian Roll, Sugar Snap peas w/Dip, Seasonal Fruit</p> <p>WG Crackers, String Cheese, Grapes</p>
<p>6</p>  <p style="color: red;">Center Closed</p>	<p>7 WG Bagels, Cream Cheese, Fruit Salsa</p> <p>Beef BBQ, WG Roll, Peas, Baked Beans, Mandarin Oranges</p> <p>WG Sun Chips, 100% Fruit Juice</p>	<p>8 WG Pancakes, Bananas</p> <p>Turkey & Cheese Rollup with WG Tortillas, Pasta Salad, Carrots & Dip, Pears</p> <p>Peanut Butter, Celery, Raisins</p>	<p>9 Breakfast Burrito (WG tortilla, scrambled eggs, shredded cheese), Baked Cinnamon Apples</p> <p>HM Pizza Quesadilla (WG Tortilla), Cottage Cheese, Potato Smiles, Peaches</p> <p>WG Goldfish Crackers and Pretzels</p>	<p>10 WG Kix Cereal, Kiwi</p> <p>WG Chicken Nuggets, Buttered Noodles, Broccoli, Applesauce</p> <p>Fresh Berries, WG Granola, and Yogurt</p>
<p>13 WG Blueberry Muffin Bars, Applesauce</p> <p>Chicken Chimichangas, Salsa, WG Brown Rice, Corn, Apple Slices</p> <p>Hard Boiled Egg, WG Crackers</p>	<p>14 WG Life Cereal, Oranges</p> <p>Grilled Cheese Sandwich on WG Bread, Ham Slices, Tomato Soup, Cucumbers & Dip, Pears</p> <p>Hummus and Fresh Vegetables</p>	<p>15 Breakfast Sandwich (WG English Muffin, Egg, Cheese, Sausage Patty), Bananas</p> <p>WG Spaghetti, Meat Sauce, Garlic Bread, Lettuce Salad, Mandarin Oranges</p> <p>Trail Mix, 100% Juice Slush Cup</p>	<p>16 WG French Toast Sticks, Sausage, Mixed Berries</p> <p>Fish Sticks, WG Roll, Green Beans, Potato Smiles, Tropical Fruit Mix</p> <p>Animal Crackers, Peaches</p>	<p>17 WG Pumpkin Bread, Clementines</p> <p>HM Meat Pizza/Cheese Pizza, Cottage Cheese, Cooked Carrots, Kiwi</p> <p>Yogurt, WG Granola, Blueberries</p>
<p>20 WG Pancakes, Blueberries</p> <p>Chicken Strips, Rice Pilaf, Cauliflower & Dip, Tropical Fruit Salad</p> <p>WG Graham Snacks, Clementines</p> <p style="color: red;">Preschool in Session</p>	<p>21 WG Toast w/ Peanut Butter & Jelly, Applesauce</p> <p>Meatballs, Gravy, Mashed Potatoes, WG Roll, Green Beans, Watermelon</p> <p>WG Chex Mix, 100% Juice</p>	<p>22 HM Egg Bake, Hash Browns, Salsa, WG Toast</p> <p>Cheese Ravioli, Meat Sauce, WG Breadstick, Roasted Broccoli, Peaches</p> <p>Apple Slices & Nut Butter</p>	<p>23 WG Frosted Mini Wheat Cereal, Oranges</p> <p>Chicken Fajita Strips, WG Softshells, Cheese, Black Beans, Salsa, Lettuce, Red Pepper Strips, Pineapple</p> <p>Cheese & WG Crackers</p>	<p>24 WG Oatmeal, Raisins, Diced Apples</p> <p>Chicken Breast Sandwich on WG Bun, Cheese Slices, Raw Veggies & Dip, Pickles, Fresh Fruit</p> <p>WG Animal Crackers</p> <p style="color: red;">IT Classes Only</p>
<p>27</p>  <p style="color: red;">Center Closed-Memorial Day</p>	<p>28 WG Cheerios, Applesauce</p> <p>WG Flatbread Cheese Pizza, Cottage Cheese, Spring Salad, Grapes</p> <p>WG PB & Jelly Sandwich</p>	<p>29 WG Toast with Peanut Butter, Banana</p> <p>Hot Ham & Cheese on Pretzel Bun, Tater Tots, Carrots & Dip, Seasonal Fruit</p> <p>WG Muffin, 100% Juice Slush Cup</p>	<p>30 WG Waffles, Fresh Blueberries</p> <p>HM Macaroni and Cheese, Turkey on a WG Roll, Peas, Pears</p> <p>Dill Dip & Fresh Vegetables</p>	<p>31 Bagel, Cream Cheese, Jelly, Peaches</p> <p>Hamburger on WG Bun, Cheese Slices, Sweet Potato Fries, Corn, Apple Slices</p> <p>Carrots & Ranch, String Cheese</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 & Honey are NOT fed to infants under 1 year according to Wisconsin State Licensing.

