## July 2025 Biron Head Start Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Unflavored milk is served with meals & snacks. Juice is served occasionally, at snack time to 1-5 year olds. Whole milk is served to 1 year olds, & 1% or skim milk is served to 2-5 year olds. Water is available all day.	1 Croissant Sandwich with Egg & Cheese, Mandarin Oranges Chicken Alfredo, Buttered Noodles, <b>WG</b> Breadstick, Asparagus, Peaches <b>WG</b> Animal Crackers	2 WG Life Cereal, Strawberries BBQ Pulled Pork on Bun, Cheese Slices, Baked Beans, Pineapple WG Cheez-It	<ul> <li>3 WG HM Banana Muffin, Applesauce</li> <li>Turkey Rollup with WG Tortilla, Cheese Slices, Cooked Carrots, Apple Slices</li> <li>WG Graham Crackers, 100% Juice Slush Cup</li> </ul>	4 Center Closed 4th of July
7 Center Closed	8 WG Cheerios, Strawberries Orange Chicken, WG Fried Rice, Mixed Veggies, Mandarin Oranges WG Veggie Crackers	<ul> <li>9 WG Banana Bread, Applesauce</li> <li>Lentil Taco Meat, WG Tortilla, Cheese, Salsa, Lettuce, Black Beans, Pineapple</li> <li>Trail Mix w WG Goldfish</li> </ul>	10 WG Oatmeal, Raisins, Apple Slices HM Chicken Noodle Soup, Crackers, Butternut Squash, Pears WG Scooby Graham Snacks & Peanut/Seed Butter	11 WG Pancakes, Banana HM Cheesy Flatbread with Sauce, Cottage Cheese, Lettuce Salad, Orange Slices WG Sunchips, 100% Juice
14 WG Honey Bunches of Oats Cereal, Strawberries HM Chicken & Cheese Quesadilla on WG Tortilla, Sour Cream, Salsa, Corn, Pears String Cheese & Pretzels	<ul> <li>15 WG Toast, Peanut/Seed Butter, Jelly, Apple Slices</li> <li>Chicken Nugget, Rice Pilaf, Green Beans, Applesauce</li> <li>WG Tortilla Chips &amp; Salsa</li> </ul>	16 <b>WG</b> French Toast Sticks, Fruit Salsa Meatballs with Gravy, Mashed Potatoes, Peas, <b>WG</b> Roll, Peaches Apple Slices and Peanut/Seed Butter	17 Scrambled Eggs, WG Toast, Orange Slices Spaghetti Noodles, Meat Sauce, Garlic Bread, Broccoli & Cauliflower, Pineapple WG Graham Snacks	<ul> <li>18 WG HM Apple Cinnamon Muffin, Blueberries</li> <li>Burgers on Bun, Cheese Slices, Pickles, Potato Smiles, Watermelon</li> <li>WG Goldfish Crackers, 100% Juice Slush Cup</li> </ul>
21 WG Bagel Toast, Cream Cheese, Kiwi Ham & Cheese on Hawaiian Roll, Pickles, Tater Tots, Melon Yogurt w/ WG Granola and Berries	22 WG Frosted Mini Wheat Cereal, Blueberries HM Chili with Beef, Crackers, Cheese, Seasoned Zucchini, Peaches WG Sunchips	23 Sausage, Hash Brown Patties, Orange Slices <b>WG</b> Fish Sticks, Rice Pilaf, Peas, Apple Slices <b>WG</b> Chex Mix	24 WG Kix Cereal, Strawberries BBQ on Bun, Cheese Cubes, French Fries, Watermelon WG HM Zucchini Muffin	25 WG Waffle Sticks, Banana HM Meat/Cheese Pizza on WG English Muffin, Cottage Cheese, Lettuce Salad, Strawberries Cheese Slices, Saltine Crackers, 100% Juice
28 Cinnamon Toast, Peaches Shredded Chicken, Gravy, Mashed Potatoes, <b>WG</b> Roll, Green Beans, Apple Slices <b>WG</b> Pumpkin Bread	29 WG French Toast Bread, Applesauce HM Mac & Cheese, Diced Ham, WG Breadstick, Peas, Pears WG Animal Crackers	30 Scrambled Eggs, WG Toast, Mandarin Oranges Chicken Strips, Mini Naan, Cooked Carrots, Fruit Cocktail Yogurt, WG Granola, Strawberries	31 Rice Krispies Cereal, Blueberries HM Nacho Cheese, Lentil Taco Meat, WG Tortilla Chips, Salsa, Lettuce, Corn, Pineapple WG Blueberry Bread	All-day sessions include breakfast, lunch & snack. 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.