

July 2025 West Head Start Menu

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