


September 2025 Head Start Menu - MFLD

Monday	Tuesday	Wednesday	Thursday	Friday
 Center Closed	2 WG Kix Cereal, Applesauce Hamburger on WG Bun, Cheese Slices, French Fries, Pickles, Fruit Cocktail WG Scooby Graham Snacks	3 WG Waffles, Fresh Strawberries Taco Meat, Shredded Cheese and Lettuce, Diced Tomatoes, WG Tortillas, Refried Beans, Grapes WG Graham Crackers, Peanut Butter	4 WG Pumpkin Bread, Bananas Pasta w Meat Sauce, Garlic Toast, Broccoli, Melon Pretzels, WG Goldfish Crackers, Cheese Cubes	5 WG Cheerios, Blueberries French Toast Sticks, Sausage Patty, Hash Browns, Diced Pears WG Animal Crackers, 100% juice
8 Cinnamon Toast, Fruit Cocktail Corn Dogs, Tater Tots, Corn, Pears Cheez-It Crackers Y Kids Only	9 WG Life Cereal, Mixed Berries Chicken Noodle Soup, Crackers, Cottage Cheese, Cooked Carrots, Mandarin Oranges WG Banana Bread	10 Scrambled Eggs, WG Toast, Jelly, Diced Peaches Meatloaf, WG Dinner Roll, Mashed Potatoes, Gravy, Peas, Pineapple Tidbits WG Trail Mix, 100% Juice	11 WG Frosted Mini Wheats Cereal, Strawberries Macaroni and Cheese, Diced Ham, WG Roll, Broccoli, Melon Rice Cakes	12 WG French Toast Bread, Bananas English Muffin Pizza, Lettuce Salad, String Cheese, Apple Slices Yogurt, Blueberries, WG Granola
15 WG Blueberry Muffins, Applesauce Shredded Chicken w Gravy, Mashed Potatoes, WG Roll, Green Beans, Fruit Cocktail Animal Crackers I/T Only	16 WG Bagels, Cream Cheese, Jelly, Mixed Berries Turkey & Cheese Rollup with WG Tortillas, Baked Beans, Fresh Strawberries String Cheese & WG Crackers	17 WG Pancakes, Fruit Salsa Cheesy Flatbread with Sauce, Lettuce Salad, Cottage Cheese, Watermelon Chunks WG Sun Chips, 100% Juice	18 WG Kix Cereal, Bananas Popcorn Chicken, Bread Stick, Steamed Corn, Fresh Blueberries WG Tortilla Chips with Salsa	19 Cheese Omelette, WG Toast, Butter, Jelly, Applesauce Fish Sticks, WG Roll, Mixed Veggies, Pears Apple Slices, Celery Sticks, Peanut Butter
22 WG Mini Waffles, Fruit Salsa Chicken Strips, Rice Pilaf, California Veggies, Tropical Fruit Salad WG Graham Snacks I/T Only	23 WG Cheerios, Mixed Berries Hot Ham & Cheese on Pretzel Bun, Tater Tots, Cauliflower & Dip, Strawberries WG PB & Jelly Sandwich	24 WG Oatmeal, Raisins, Apple Slices Cheese Ravioli, Meat Sauce, WG Breadstick, Roasted Carrots, Clementines Hard Boiled Egg, WG Crackers	25 Scrambled Eggs, WG Toast, Peaches Chicken Alfredo, Pasta, Mini Naan, Italian Veggies, Fresh Grapes WG Chex Mix, 100% Juice	26 Cinnamon Toast, Banana Ham and Turkey Slices, Hawaiian Rolls, Cheese Slices, Potato Smiles, Mango WG Muffin
29 WG Pancake, Fruit Salsa Chicken Breast Sandwich on WG Bun, Cheese Slices, Potato Salad, Pears WG Chex Mix I/T Only	30 WG Blueberry Bread, Apple Slices Chicken Fajita Strips, Bell Pepper Strips, WG Softshells, Cheese, Sour Cream, Black Beans, Salsa, Lettuce, Pineapple WG Goldfish, Cheese Cubes	<p style="text-align: center;">All-day session children receive breakfast, lunch and snack.</p> <p style="text-align: center;">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.</p> <p style="text-align: center;">WG = whole grain HM = homemade</p> <p style="text-align: center;">** 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>		