

West Head Start Center December 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>2 WG French Toast Bread, Applesauce</p> <p>WG Fish Nuggets, Buttered Noodles, Mixed Vegetables, Pineapple</p> <p>Rice Cakes</p>	<p>3 Canadian Bacon, Hashbrown Patties, Banana</p> <p>Chicken Fajita Strips with Bell Peppers, WG Tortilla, Cheese, Salsa, Sour Cream, Lettuce, Corn, Pears</p> <p>WG Chex Mix</p>	<p>4 WG Life Cereal, Strawberries</p> <p>BBQ Pulled Pork on a Bun, Cheese Slices, Pickles, Coleslaw, Cheesy Tater Tots, Apple Slices</p> <p>WG Peanut/Seed Butter & Jelly Sandwiches</p>	<p>5 WG Mini Waffle, Peaches</p> <p>HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Lettuce Salad, Orange Slices</p> <p>WG Goldfish Crackers, 100% Juice</p>
<p>8 WG Bagel, Cream Cheese, Jelly, Mandarin Oranges</p> <p>HM Chicken Noodle Soup, Crackers, Cheese Cube, Green Beans, Pineapple</p> <p>WG Muffin</p> <p style="color: red; font-weight: bold;">IT Only</p>	<p>9 WG Cheerios Cereal, Peaches</p> <p>HM Mac & Cheese, Diced Ham, WG Breadstick, Cooked Carrots, Pears</p> <p>Ritz Crackers & Peanut/Seed Butter</p>	<p>10 WG Blueberry Bread, Applesauce</p> <p>HM Sloppy Joes on a Bun, Cheese Slices, Potato Smiles, Pickles, Apple Slices</p> <p>WG Tortilla Chips & Cheese Sauce</p>	<p>11 Breakfast Croissant Sandwich with Egg & Cheese, Banana</p> <p>Meatballs with Gravy, Mashed Potatoes, WG Roll, California Blend Vegetable, Grapes</p> <p>Trail Mix with WG Goldfish Crackers</p>	<p>12 WG French Toast Sticks, Blueberries</p> <p>Cheesy Flatbread with Sauce, Turkey Slices, Peas & Dip, Fruit Salad</p> <p>WG Animal Crackers, 100% Juice</p>
<p>15 WG Oatmeal, Raisins, Pears</p> <p>Chicken Strips, WG Roll, Corn, Fruit Cocktail</p> <p>WG Cheez-It</p> <p style="color: red; font-weight: bold;">IT Only</p>	<p>16 Rice Krispies Cereal, Peaches</p> <p>Ham Rollup with WG Tortilla, Cheese Slices, Pickles, Tater Tots, Pears</p> <p>WG Pumpkin Bread</p>	<p>17 Scrambled Eggs, WG Toast, Banana</p> <p>Meatloaf, WG Brown Rice, Cooked Broccoli, Mandarin Oranges</p> <p>Yogurt, Pineapple</p>	<p>18 WG Pancakes, Sausage, Yogurt, Mixed Berries, Granola</p> <p>Roast Beef with Gravy, Buttered Noodles, Cooked Carrots, Hawaiian Roll, Apple Slices</p> <p>WG Graham Snacks</p>	<p>19 WG Muffin, Applesauce</p> <p>Meat Sauce, Spaghetti Noodles, Parmesan, Garlic Toast, Green Beans, Orange Slices</p> <p>WG Sun Chips</p>
<p>22</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>23</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>24</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>25</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>26</p>  <p style="color: red; font-weight: bold;">Center Closed</p>
<p>29</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>30</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>31</p>  <p style="color: red; font-weight: bold;">Center Closed</p>	<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red;">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% or skim milk is served to 2-5 year olds. Water is available throughout the day.</p> <p style="text-align: center;">WG = whole grain WGR = whole grain rich HM = homemade</p>	