

West Head Start Center May 2026

Monday

Tuesday

Wednesday

Thursday

Friday

<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.</p> <p style="color: red;">Water is available throughout the day.</p> <p>WG = whole grain HM = homemade</p>				
<p>4</p> <p style="color: red; font-size: 1.2em;">Center Closed</p> 	<p>5 Cinnamon Toast, Sausage Patty, Peaches</p> <p>Orange Chicken, WG Brown Rice, Mixed Vegetables, Pears</p> <p>WG Soft Pretzels & Cheese Sauce</p>	<p>6 Corn Flakes Cereal, Strawberries</p> <p>Spaghetti Noodles with Meat Sauce, Parmesan, WG Cheesy Breadstick, Broccoli & Dip, Apple Slices</p> <p>Trail Mix with WG Goldfish Crackers</p>	<p>7 WG Mini Waffles, Banana</p> <p>Chicken Strips, Rice Pilaf, Peas, Clementines</p> <p>WG Graham Crackers & Peanut/Seed Butter</p>	<p>1 WG Muffin, Mandarin Oranges</p> <p>HM Grilled Cheese on WG Bread, Tomato Soup, Crackers, Turkey Slices, Cooked Carrots, Pineapple</p> <p>Hard Boiled Egg & String Cheese, 100% Juice</p>
<p>11 Scrambled Eggs, WG Toast, Strawberries</p> <p>Chicken Fajita Strips, WG Tortilla Shells, Spanish Rice, Cheese, Lettuce, Seasoned Zucchini, Salsa, Mango</p> <p>WG Graham Crackers</p> <p style="color: red;">Preschool in Session</p>	<p>12 WG Blueberry Bread, Applesauce</p> <p>Popcorn Chicken Bowl (WG Chicken, Gravy, Mashed Potatoes, Cheese, & Corn), WG Roll, Peaches</p> <p>WG Animal Crackers</p>	<p>13 WG Frosted Mini Wheats, Banana</p> <p>Ham & Cheese Slices, Naan Bread, Pickles, Potato Smiles, Watermelon</p> <p>WG Pumpkin Bread</p>	<p>14 WG French Toast Sticks, Hashbrown, Cubed Ham, Blueberries</p> <p>Glazed Meatloaf, Cheese Cube, Buttered Noodles, Cooked Broccoli, Orange Slices</p> <p>WG Chex Mix, 100% Juice Slush Cups</p>	<p>15 WG HM Banana Muffin Bars, Pears</p> <p>HM Beef & Bean Enchilada on WG Tortilla, Spanish Rice, Salsa, Corn, Tropical Fruit Salad</p> <p>Ritz Crackers & Cheese Slices</p> <p style="color: red; text-align: center;">I/T ONLY</p>
<p>18 WG French Toast Bread, Applesauce</p> <p>Salisbury Steak with Gravy, Buttered Noodles, Mixed Vegetables, Peaches</p> <p>WG Veggie Crackers</p> <p style="color: red; text-align: center;">I/T ONLY</p>	<p>19 Rice Krispies Cereal, Blueberries</p> <p>WG Fish Nuggets, Naan Bread, Carrots & Dip, Pineapple</p> <p>WG Banana Bread</p>	<p>20 WG Pancake, Banana</p> <p>Nachos (Lentil Taco Meat, WG Tortilla Chips, Cheese, Corn, Lettuce, Salsa), Clementines</p> <p>Pretzels & String Cheese</p>	<p>21 HM Egg & Cheese Sandwich on Croissant, Pears</p> <p>HM Creamy Italian Pasta with Chicken, WG Breadstick, Green Beans, Apple Slices</p> <p>WG Frito Corn Chips with Salsa & Dip</p>	<p>22 WG Kix Cereal, Strawberries</p> <p>HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Broccoli & Dip, Fruit Salad</p> <p>WG Cheez-It, 100% Juice</p>
<p>25</p> <p style="color: red; font-size: 1.2em;">Center Closed</p> 	<p>26 WG Muffin, Strawberries</p> <p>HM Chicken Noodle Soup, Crackers, Cheese Cubes, Cooked Carrots, Pears</p> <p>Yogurt with WG Granola</p>	<p>27 Crispix Cereal, Banana</p> <p>Meatballs with Gravy, Mashed Potatoes, WG Roll, Peas, Orange Slices</p> <p>WG Peanut/Seed Butter & Jelly Sandwich</p>	<p>28 Cheese Omelet, Hashbrown Patty, Apple Slices</p> <p>HM Mac and Cheese, WG Breadstick, Cubed Ham, Cucumber & Dip, Peaches</p> <p>WG Tortilla Chips & Cheese Sauce</p>	<p>29 WG Cheerios, Blueberries</p> <p>WG Chicken Nuggets, Rice Pilaf, California Vegetable Blend, Grapes</p> <p>Rice Cakes, 100% Juice Slush Cups</p>