

## HEAD START MENU

Monday	Tuesday	Wednesday	Thursday
			<b>1-Dec</b>
			Meatloaf Scalloped Potatoes California Blend Fresh Fruit Whole Grain Bread
<b>SNACK</b>			
			Fruit Stacked English Muffins, Milk
<b>5-Dec</b>	<b>6-Dec</b>	<b>7-Dec</b>	<b>8-Dec</b>
Roast Beef Mashed Potatoes w/gravy Vegetable Blend Peaches Whole Grain bBread	Chicken Tenders Mashed Potatoes w/gravy Corn Pears Whole Grain Bread	Pot Roast Potato Carrots Fresh Fruit Whole Grain Bread	Roast Pork Baked Potatoe w/sour cream Peas & Carrots Mango Whole Grain Bread
<b>SNACK</b>			
Kix Cereal, Milk	Tortilla Banana Roll Ups, Milk	Cheese Sticks, Orange Juice	Basic Fruit Smoothie, WG Crackers
<b>12-Dec</b>	<b>13-Dec</b>	<b>14-Dec</b>	<b>15-Dec</b>
Fish Sticks w/tartar sauce Mashed Potatoes w/gravy Corn Fruit Cocktail Whole Grain Bread	Meatloaf Cheesy Hashbrowns Green Beans Applesauce Whole Grain Bread	Roast Pork w/gravy Baked Potatoes w/sour cream Peas & Carrots Banana Whole Grain Bread	Poultry Casserole Bermuda Blend Mango Whole Grain Bread
<b>SNACK</b>			
Bananas, Milk	Sun Salad, Milk	Apples, WG Crackers, Water	Animal Crackers, Cheese, Water
<b>19-Dec</b>	<b>20-Dec</b>	<b>21-Dec</b>	<b>22-Dec</b>
<b>SNACK</b>			
<b>26-Dec</b>	<b>27-Dec</b>	<b>28-Dec</b>	<b>29-Dec</b>
<b>SNACK</b>			