September 2023 | Applegate and Creston Head Start Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	11	12	13	14	15
Breakfast	Cinnamon Chex Cereal W	Cinnamon Chex Cereal (V)	Cinnamon Crumble Bread 🕜 修	Cinnamon Swirl Bun 🕜 🥝	Yoplait Strawberry Banana Yogurt and Granola 🕜 🤥
Lunch	Chicken Tenders 🍪	Orange Chicken with Brown Rice 🚱	Pancakes with Turkey Sausage 🥝	Cheese Pizza 🕜 🤔	Bean and Cheese Burrito 🕜 🍪
Snack	Fruit and Cheese 🕜	Fruit and Yogurt 🕜	Fruit and Crackers (7) 🍪	Fruit and Cheese 🕜	Vegetables and Chips 🕜 🍪
	18	19	20	21	22
Breakfast	Cinnamon Chex Cereal W	Blueberry Muffin 🕜 🍪	Banana Bread 🕜 🍪	Cinnamon Chex Cereal 🕜 🍪	
Lunch	Chicken Tenders 🍪	Turkey Hot Dog 🍪	Yakisoba with Chicken or Vegetables 🕜 🧐	Cheese Pizza 🕜 🤔	No School for Students
Snack	Fruit and Cheese 💗	Fruit and Yogurt 🕜	Fruit and Crackers V 🍪	Fruit and Cheese 🕡	
	25	26	27	28	29
Breakfast	Cinnamon Chex Cereal (V) (S)	Honey Cherrios Cereal (V) (Cinnamon Crumble Bread 🕜 修	Cinnamon Swirl Bun 🕜 🥝	Yoplait Strawberry Banana Yogurt and Granola 🕜 🍪
Lunch	Chicken Tenders 🍪	Teriyaki Chicken with Brown Rice 🍪	Pasta with Marinara and Mozzarella 🕜 🍪	Cheese Pizza 🕜 🚱	Beans, Cheese and Rice Bowl with Tortilla Chips 🕜 🍪
Snack	Fruit and Cheese 🕜	Fruit and Yogurt 😯	Fruit and Crackers 🕜 🍪	Fruit and Cheese 🕜	Vegetables and Chips 🕜 🍪

Updated: 9/7/23