December 2023 | Applegate and Creston Head Start Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
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Breakfast					Yoplait Strawberry Banana Yogurt and Granola 🕜 俊
Lunch					Beans, Cheese and Rice Bowl with Tortilla Chips 🕡 🤔
Snack					Fruit and Cheese 🕜
	4	5	6	7	8
Breakfast	Cinnamon Chex Cereal W	Blueberry Muffin 🕜 🍪	Banana Bread 🕜 🍪	Honey Cheerios Cereal 🕜 🥝	
Lunch	Chicken Tenders 🍪	Mozzarella Breadsticks 🕜 🍪	Homemade Cheese Lasagna 🕜	Cheese Pizza 🕜 🍪	No Child Day
Snack	Fruit and Chex Mix 🕜	Fruit and Goldfish Crackers 🕜	Vegetables and Crackers 🕜	Fruit and Crackers 🕜	
	11	12	13	14	15
Breakfast	Honey Cheerios Cereal 😵 🍪	Cinnamon Chex Cereal (V) (Banana Bread 🕜 🤔	Cinnamon Swirl Bun 🕜 🍪	Yoplait Strawberry Banana Yogurt and Granola 🕜 🍪
Lunch	Chicken Tenders 🚱	Teriyaki Chicken with Brown Rice 🍪	Pancakes with Chicken Sausage 🚱	Cheese Pizza 🕜 🚱	Roast Turkey, Mashed Potatoes, Roll and Gravy 🍪
Snack	Fruit and Chex Mix 🕜	Vegetables and Chips 🕜	Vegetables and Crackers 🕜	Fruit and Yogurt 🕜	Fruit and Cheese 🕜
	18	19	20	21	22
Breakfast	Cinnamon Chex Cereal 🕜 🍪	Blueberry Muffin 🕜 🍪	Banana Bread 🕜 🍪	Honey Cheerios Cereal 🕜 🥝	Yoplait Strawberry Banana Yogurt and Granola 🕜 🚱
Lunch	Chicken Tenders 🚱	Orange Chicken with Brown Rice 🍪	Cheeseburger 🥝	Cheese Pizza 🕜 修	Bean and Cheese Nachos ©
Snack	Vegetables and Chex Mix 🕜	Hummus and Chips 🕜	Fruit and Cheese 🕜	Fruit and Crackers 🕜	Fruit and Goldfish Crackers 🕜
	26	27	28	29	30
	Winter Break Schools Closed	Winter Break Schools Closed	Winter Break Schools Closed	Winter Break Schools Closed	Winter Break Schools Closed

Updated: 11/30/23