

May 2023

Head Start of Eastern Orange County Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>01</p> <p>Breakfast: WGR Waffles (WGR Cold Cereal), Tropical fruit cup, 1% Milk Lunch: WGR Mac & Cheese (No Cheese/Pasta & Chicken), Broccoli, Apricots, 1% Milk Snack: Crackers & Hummus</p>	<p>02</p> <p>Breakfast: Cheerios Cereal (WGR Cold Cereal), Blueberries, 1% Milk Lunch: Spaghetti & Meat Sauce (Beans), Collard Greens, Sliced Oranges, 1% Milk Snack: Apple slices & LF Cheese (Pita Triangles)</p>	<p>03</p> <p>Breakfast: Oatmeal (Grits), Diced Peaches, 1% Milk Lunch: Mexican Chicken Quesadilla (Cheese Quesadilla), Salsa, Cilantro, Corn, Pears, 1% Milk Snack: WG Warm Soft Pretzel, Pineapple (Fresh Fruit)</p>	<p>04</p> <p>Breakfast: French Toast (Toast), Oranges, 1% Milk Lunch: Beef Stew (Tofu), Brown Rice, Peas/Carrots, Banana, 1% Milk Snack: LF Yogurt (Crackers), Mixed Fruit</p>	<p>05</p> <p>Staff Conference Day No School</p>
<p>08</p> <p>Breakfast: Eggs (English Muffin), Sweet cooked Plantains, 1% Milk Lunch: Bean Stew w/ Quinoa, Cilantro, Carrots, Kiwi, 1% Milk Snack: Wheat Thins, Sliced Pear</p>	<p>09</p> <p>Breakfast: Cold Cereal, Strawberries, 1% Milk Lunch: Beef Taco (Tofu), Lettuce, Tomato, Orange, 1% Milk Snack: LF Cheese (Fruit) Animal Crackers</p>	<p>10</p> <p>Breakfast: Oatmeal (WG Cream of Wheat), Mandarins, 1% Milk Lunch: Italian Turkey Sausage (Beans), WW Spaghetti, Marinara Sauce, Roasted Green Beans, Plums, 1% Milk Snack: Pretzels, Sunbutter</p>	<p>11</p> <p>Breakfast: WG French Toast Sticks (Toast with Applesauce), Banana Slices, 1% Milk Lunch: BBQ Chicken (Tofu), Brown Rice, Mixed Vegetables, Clementines, 1% Milk Snack: Blueberry Muffins, 1% Milk (Rice Cakes)</p>	<p>12</p> <p>Breakfast: Cream of Wheat Cereal, Pineapple, 1% Milk Lunch: Extra Cheesy Pizza w/ WW crust, Spinach, Sliced Banana, 1% Milk Snack: LF Yogurt w/ Mixed Berries (Triscuits)</p>
<p>15</p> <p>Breakfast: Cold Cereal, Strawberries, 1% Milk Lunch: Chickpea Stew, WW Biscuit, Tossed Salad, Apricots, 1% Milk Snack: Unsalted Pretzels, 100% Juice</p>	<p>16</p> <p>Breakfast: WG pancakes (English Muffin), Sliced Banana, 1% Milk Lunch: Chicken Meatballs (Veggie Burger), WW Rolls, Mushrooms, Onions, Watermelon, 1% Milk Snack: Guacamole, Breadsticks</p>	<p>17</p> <p>Breakfast: Eggs (WGR Toast), Peaches, 1% Milk Lunch: Steak Fajita (Beans), WW Tortilla, Corn, Bell Pepper, Onion, Tomatoes, Blueberries, 1% Milk Snack: Celery Slivers, Hummus</p>	<p>18</p> <p>Breakfast: Oatmeal (WGR Kix Cereal), Sliced Apple, 1% Milk Lunch: Teriyaki Chicken (Tofu), Brown Rice, Roasted Broccoli, Mixed Fruit, 1% Milk Snack: LF Cheese (Fresh Fruit) Triscuits</p>	<p>19</p> <p>Breakfast: Turkey Sausage (No Sausage), WW Toast, Tropical Mixed Fruit, 1% Milk Lunch: Turkey Chili (Beans), WW Pita Bread, Cole Slaw, Orange, 1% Milk Snack: LF Yogurt (Crackers) Sliced Peaches</p>
<p>22</p> <p>Breakfast: WW Mini Bagel with LF Cream Cheese (No Cream Cheese), Strawberries, 1% Milk Lunch: Stuffed Shells w/ WW roll exCheese, (WW pasta w/ chicken & vegan alfredo) Kale/Collard Greens, Blueberries, 1% Milk Snack: Ritz crackers (triscuit) & Mixed Fruit</p>	<p>23</p> <p>Breakfast: Eggs with WW Toast (WW Toast), Sliced Banana, 1% Milk Lunch: Roasted Turkey (Mixed Beans), WW Bread, Broccoli, Applesauce, 1% Milk Snack: WW Pita, 1% Milk</p>	<p>24</p> <p>Breakfast: Bran Flake Cereals (Cold Cereal), Plums, 1% Milk Lunch: Beef Stir Fry (Tofu), WGR Biscuits, Asian Vegetables, Mandarin Oranges, 1% Milk Snack: Sunbutter, Apple Slices</p>	<p>25</p> <p>Breakfast: WW Muffin (English Muffin), Sliced Fresh Pears, 1% Milk Lunch: WW Baked Ziti w/ Lean Turkey Meat Sauce & LF cheese (no cheese) Green Beans, Bananas, 1% Milk Snack: LF Yogurt (Crackers) & Berries</p>	<p>26</p> <p>Holiday No School</p>
<p>29</p> <p>Holiday No School</p>	<p>30</p> <p>Breakfast: Cheerios Cereal (WGR Cold Cereal), Blueberries, 1% Milk Lunch: Spaghetti & Meat Sauce (Beans), Collard Greens, Sliced Oranges, 1% Milk Snack: Apple slices & LF Cheese (Pita Triangles)</p>	<p>31</p> <p>Breakfast: Oatmeal (Grits), Diced Peaches, 1% Milk Lunch: Mexican Chicken Quesadilla (Cheese Quesadilla), Salsa, Cilantro, Corn, Pears, 1% Milk Snack: WG Warm Soft Pretzel, Pineapple (Fresh Fruit)</p>	<p>01</p> <p>Breakfast: French Toast (Toast), Oranges, 1% Milk Lunch: Beef Stew (Tofu), Brown Rice, Peas/Carrots, Banana, 1% Milk Snack: LF Yogurt (Crackers), Mixed Fruit</p>	<p>02</p> <p>Breakfast: Eggs & Fresh Sliced Pears (WGR Roll), 1% Milk Lunch: Chicken Fillet (Veggie Burger) w/ Garden Salad, WW Bread, Cooked Beets, 1% Milk Snack: Wheat Thins & 100% Juice</p>

LF: Low Fat WW: Whole Wheat WG: Whole Grain
 Sunbutter: sunflower seed butter

*Substitutions are made for those who have allergies, dietary restrictions or religious exemptions
 * Please note: Foods will be served as family style