




**People Incorporated Head Start
September 2017 Breakfast
Center _____**




				Friday, September 1
				Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter Fruit ½ cup Skim Milk- ¾ cup
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
Closed	Oatmeal ½ cup or Cream of Wheat ½ cup Whole Wheat Toast Fruit ½ cup Skim Milk- ¾ cup	Whole Grain Pancakes or Whole Grain Waffles 4" Breakfast Syrup -1 Pack  Fruit ½ cup Skim Milk- ¾ cup	Whole Grain Biscuit Turkey Sausage Fruit ½ cup Skim Milk- ¾ cup	Corn Puffs, Cheerios, Rice Krispies, or Corn Flakes ¾ cup Unsweetened Fruit ½ cup Skim Milk- ¾ cup
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Egg & Cheese Biscuit (Whole Grain Biscuit w/Scrambled Eggs and Cheese Applesauce ½ cup Skim Milk- ¾ cup	Whole Grain Pancakes or Whole Grain Waffles 4" Breakfast Syrup -1 Pack Fruit ½ cup Skim Milk- ¾ cup	Overnight Oats (Vanilla Yogurt with Oatmeal) ½ cup Whole Grain Toast Fruit ½ cup Skim Milk- ¾ cup	Corn Puffs, Cheerios, Rice Krispies, or Corn Flakes ¾ cup Unsweetened Fruit ½ cup Skim Milk- ¾ cup	Hard Boiled Egg-1 Whole Wheat Toast Fruit ½ cup Skim Milk- ¾ cup

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Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Baked Cheese Omelet 2 tbsp. Whole Wheat Toast Fruit ½ cup Skim Milk- ¾ cup	Whole Grain Biscuit Turkey Sausage Fruit ½ cup Skim Milk- ¾ cup	Oatmeal ½ cup or Cream of Wheat ½ cup Whole Wheat Toast Fruit ½ cup Skim Milk- ¾ cup	Whole Grain Pancakes or Whole Grain Waffles 4” Breakfast Syrup -1 Pack  Fruit ½ cup Skim Milk- ¾ cup	Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter Fruit ½ cup Skim Milk- ¾ cup
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Scrambled Eggs 2 tbsp. Whole Grain Biscuit Fruit ½ cup Skim Milk- ¾ cup	Overnight Oats (Vanilla Yogurt with Oatmeal) ½ cup Whole Grain Toast Fruit ½ cup Skim Milk- ¾ cup	Corn Puffs, Rice Krispies, or Corn Flakes ¾ cup Unsweetened Fruit ½ cup Skim Milk- ¾ cup	Whole Grain Biscuit Turkey Sausage Fruit ½ cup Skim Milk- ¾ cup	Whole Wheat Cheese Toast Fruit ½ cup Skim Milk- ¾ cup

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**People Incorporated Head Start
September 2017 Lunch
Center _____**






				Friday, September 1
				Spaghetti with Turkey or Beef meat sauce Green Salad ½ cup (Lettuce, Cucumber Wedges, Tomato Wedges (shredded cheese optional)) Corn or Corn on Cob ½ cup Fruit ½ cup Skim Milk- ¾ cup
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
Closed	Chicken & Dumplings, Chicken Pot Pie Muffins or Chicken Casserole Cooked Carrots, Green Beans, Broccoli or Mixed Vegetables ½ cup Fruit ½ cup Skim Milk- ¾ cup	Chili 2oz. on Whole Wheat Hot Dog Bun Potato Salad ½ cup Baked Beans ½ cup Fruit ½ cup Skim Milk- ¾ cup	Sunbutter Sandwich (Sunflower spread on Whole Grain Bread)) with pureed strawberries Goldfish Crackers ½ cup Veggie Dippers with Ranch ½ cup Fruit ½ cup Skim Milk- ¾ cup	Meatloaf or Chopped Steak with gravy Mashed Potatoes ½ cup Peas ½ cup Whole Grain Roll Fruit ½ cup Skim Milk- ¾ cup
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Taco- <u>ground turkey</u> ½ cup Shredded Cheese on Whole Grain Tortilla (soft) Lettuce & Tomato Corn ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Toasted (Deli Ham, Turkey or Roast Beef) & Cheese Sandwich/Whole Grain Bread Veggie Dippers with Ranch ½ cup Fruit ½ cup Skim Milk- ¾ cup	Fun Shaped Fish Nibbles Baked Fries or Baked Sweet Potato Fries ½ cup Cole Slaw ½ cup Fruit ½ cup Skim Milk- ¾ cup	Pizza (Turkey Sausage) Green Salad (Lettuce, Cucumber Wedges, Tomato Wedges) (shredded cheese optional) ½ cup Corn ½ cup Fruit ½ cup Skim Milk- ¾ cup	Chicken Tender Sliders (chicken tenders on a mini whole grain bun) Serve with dipping sauce Broccoli and cheese ½ cup Fruit ½ cup Skim Milk- ¾ cup

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People Incorporated Head Start September 2017 Lunch Center _____



Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Beef Meatballs with brown gravy Mashed Potatoes ½ cup Peas ½ cup Fruit ½ cup Skim Milk- ¾ cup	Chicken Salad Sandwich on Whole Wheat Bread Veggie Dippers ½ cup Fruit ½ cup  Skim Milk- ¾ cup	Hamburger Sliders-2oz Beef Patty on Mini Whole Grain Bun Baked Fries ½ cup Cooked Carrots, Green Beans, Broccoli or Mixed Vegetables ½ cup Fruit ½ cup Skim Milk- ¾ cup	Sunbutter Sandwich (Sunflower spread on Whole Grain Bread) with pureed strawberries Goldfish Crackers ½ cup Homemade Pasta Salad ½ cup Fruit ½ cup Skim Milk- ¾ cup	Chicken Alfredo With a Twist Green Beans or Fresh Veggie Dippers with ranch dip ½ cup Whole Grain Roll Fruit ½ cup Skim Milk- ¾ cup
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Sweet/Sour Chicken, Baked Parmesan Chicken or Grilled BBQ Chicken 2oz Baked Beans, Green Beans, Steamed Broccoli or Green Salad ½ cup Rice, Whole Grain Roll, Whole Wheat Crackers or Bread ½ slice Fruit ½ cup Skim Milk- ¾ cup	Turkey and Cheese Sandwich on Whole Grain Roll, Whole Grain Hot Dog Bun, or Whole Wheat Bread Green Salad (Lettuce, Cucumber Wedges, Tomato Wedges) (shredded cheese optional) ½ cup Fruit ½ cup Skim Milk- ¾ cup	Chicken Tender Sliders (chicken tenders on a mini whole grain bun) Serve with dipping sauce Broccoli and cheese ½ cup Fruit ½ cup Skim Milk- ¾ cup	Pinto or Northern Beans 3/8 cup  Potato Salad, Pasta Salad, Diced Baked Potatoes, Stewed Tomatoes or Macaroni and Cheese ½ cup Cornbread Muffins Fruit ½ cup Skim Milk- ¾ cup	Sloppy Joe made with ground turkey on Whole Grain Bun Homemade Potato Salad ½ cup Veggie Dippers ½ cup Fresh Fruit ½ cup Skim Milk- ¾ cup 

*****Veggie dippers will include **TWO** of the following: carrot chips, cucumber, green bell pepper, broccoli, cauliflower

*******Approved Condiments: Ketchup, Mustard, Honey Mustard, Mayonnaise, BBQ Sauce, Ranch Dressing, Raspberry Vinaigrette Dressing, and Salsa**

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