

ELEMENTARY MENUS



NOV 2021

Head Start Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Breakfast Bagel w/ Cream Cheese Strawberry Apple Crisps 1% Low Fat White Milk Cream Cheese Cup</p> <p>Lunch Chicken Patty Sandwich Spiced Green Beans Sweet Diced Peaches 1% Low Fat White Milk</p>	<p>2 Breakfast Mini Blueberry Pancakes Fresh Apple 1% Low Fat White Milk</p> <p>Lunch Cheesy Chicken Quesadilla Cheesy Refried Beans Sweet Mixed Fruit 1% Low Fat White Milk</p>	<p>3 Breakfast Golden Banana Muffin Fresh Banana 1% Low Fat White Milk</p> <p>Lunch Turkey Hot Dog Steamed Crinkle Carrots Diced Pears 1% Low Fat White Milk</p>	<p>4 Breakfast Cinnamon Toast Crunch Cereal Fresh Apple 1% Low Fat White Milk</p> <p>Lunch Chicken Drumstick Seasoned Mashed Potatoes Savory Chicken Gravy Cinnamon Applesauce 1% Low Fat White Milk</p>	<p>5 Breakfast Vanilla Danimals Yogurt Fruit Fresh Orange 1% Low Fat White Milk</p> <p>Lunch Creamy Chicken Alfredo Rotini Peppered Broccoli Florets Sweet Diced Peaches 1% Low Fat White Milk</p>
<p>8 Breakfast Mini Maple Pancakes Diced Peach Cup 1% Low Fat White Milk</p> <p>Lunch Mini Corn Dogs Steamed Crinkle Carrots Unsweetened Applesauce 1% Low Fat White Milk</p>	<p>9 Breakfast Triple Berry French Toast Fresh Apple 1% Low Fat White Milk</p> <p>Lunch Chicken Nuggets Spiced Green Beans Sweet Diced Peaches 1% Low Fat White Milk</p>	<p>10 Breakfast Cinnamon Toast Crunch Cereal Fresh Banana 1% Low Fat White Milk</p> <p>Lunch Cheeseburger Peppered Broccoli Florets Sweet Mixed Fruit 1% Low Fat White Milk</p>	<p>11 Veteran's Day</p>	<p>12 No School</p>
<p>15 Breakfast Golden Banana Muffin Strawberry Craisins 1% Low Fat White Milk</p> <p>Lunch Beefy Macaroni w/ Roll Peppered Broccoli Florets Sweet Diced Peaches 1% Low Fat White</p>	<p>16 Breakfast Cinnamon Toast Crunch Cereal Mixed Fruit Cup 1% Low Fat White Milk</p> <p>Lunch Orange Chicken Seasoned Green Peas Unsweetened Applesauce 1% Low Fat White Milk</p>	<p>17 Breakfast Chocolate Chip Muffin Fresh Apple 1% Low Fat White Milk</p> <p>Lunch Breaded Chicken Patty Sandwich Vegetarian Baked Beans Sweet Mixed Fruit 1% Low Fat White Milk</p>	<p>18 Breakfast Strawberry Banana Yogurt Cup 100% Apple Juice Cup 1% Low Fat White Milk</p> <p>Lunch Roasted Turkey w/ Stuffing & Roll Roasted Garlic Mashed Potatoes Sautéed Green Beans Chilled Cinnamon Pears Tangy Cranberry Sauce Thanksgiving Pumpkin Bars</p>	<p>19 Breakfast Pumpkin Bread Slice Fresh Apple 1% Low Fat White Milk</p> <p>Lunch Chicken Nuggets Steamed Crinkle Carrots Sweet Diced Peaches 1% Low Fat White Milk</p>
<p>22 No School</p>	<p>23 No School</p>	<p>24 No School</p>	<p>25 Happy Thanksgiving</p>	<p>26 No School</p>
<p>29 Breakfast Bean & Cheese Burrito Fresh Apple 1% Low Fat White Milk</p> <p>Lunch Jumbo Cheese Ravioli Spiced Green Beans Sweet Mixed Fruit 1% Low Fat White Milk</p>	<p>30 Breakfast Mini Strawberry Pancakes Fresh Orange 1% Low Fat White Milk</p> <p>Lunch Pretzel Rods w/ Cheese Dip Peppered Broccoli Florets Cinnamon Applesauce 1% Low Fat White Milk</p>			

Breakfast and Lunch Free to Students



Questions or Comments?

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Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day.

This institution is an equal opportunity provider