

**The Children's Center JULY 2017 Menu**  
**Head Start and Community Preschool - Chef's Choice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>EHS/HS CLOSED</b>	<b>ALL CENTERS CLOSED</b>	<b>EHS/HS CLOSED</b>	<b>EHS/HS CLOSED</b>	<b>EHS/HS CLOSED</b>
Breakfast: Oatmeal pears, milk	Independence Day Holiday	Breakfast: Vanilla Yogurt , pineapple, milk	Breakfast: Whole Grain Waffles, bananas, milk	Breakfast: French toast sticks, **chef's choice fruit** and milk _____
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk		Lunch: Cheesy Chicken Spaghetti Bake (Wheat Noodles), peas, **chef's choice veggie** and milk	Lunch: Whole Grain Macaroni with cheese, green beans, yams* and milk	Lunch: Meatball sub (Whole Grain), pears, *kale, milk
Snack: Apple juice and saltines		Snack: Cereal mix and milk	Snack gold fish and milk	Snack: Graham crackers, mandarin oranges and water
10	11	12	13	14
<b>EHS/HS CLOSED</b>	<b>EHS/HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>
Breakfast: Cheese with wheat toast, applesauce, and milk	Breakfast: Whole Grain Waffles, pineapple and milk	Breakfast: Kix, **chef's choice fruit**, and milk	Breakfast: Grits, pears and milk	Breakfast: Whole Grain Pancakes, Applesauce, milk
Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk	Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk	Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk	Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk	Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk
Snack: Pears and milk	Snack: Kix, Mandarin Oranges and water	Snack: Peaches, Whole Grain Cheez Its and water	Snack: Cereal mix and milk	Snack: Vanilla Yogurt, Pineapple, Water
17	18	19	20	21
<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>
Breakfast: Oatmeal, pears, milk	Breakfast: Cheerios, orange juice, milk	Breakfast: Blueberry muffins, mandarin oranges, milk	Breakfast: Breakfast Pizza, pears, milk	Breakfast: Kix, pineapple, milk
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk	Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk	Lunch: Spaghetti w/meat sauce (Ground Turkey)and whole wheat noodles, tomato and lettuce salad and milk	Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick, milk	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk
Snack: Whole Grain Cheez - Its and apple juice	Snack: Cheese Sandwich on wheat bread and water	Snack: Goldfish, milk	Snack: Milk and cereal mix	Snack: graham crackers and milk
24	25	26	27	28
<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>
Breakfast: Hot Whole Grain Biscuit, peaches, milk	Breakfast: Kix, pineapple, milk	Breakfast: Vanilla Yogurt, **chef's choice fruit**, milk	Pancakes, Applesauce, milk	Pancakes, Applesauce, milk
Lunch: Chicken salad, Ritz crackers, carrot* sticks with ranch dressing, **chef's choice veggie**, milk	Lunch: Meatball sub (Whole Grain), tropical fruit , ^green beans, milk	Lunch: Chef Salad with ranch dressing, Wheat Breadstick and Milk	Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, milk	Lunch: Swai Fillet with lemon pepper, yams*, kale*, w/ wheat breadstick, milk
Snack: Whole Grain Cheez Its, milk	Snack: Saltine crackers, cheese, water	Snack: Carrot and celery sticks w/ranch and milk	Snack: Orange juice & saltines	Snack: Cereal mix, milk
31				
<b>HS CLOSED</b>				
Breakfast pizza, mandarin oranges, milk				
Lunch: Hamburger in gravy, mashed potatoes, ^green beans, wheat breadstick and milk				
Snack: Ritz crackers, cheese, water				

\* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All milk is low fat and 100% fruit juice is used.

^Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods

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