

EHS/Head Start

September 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>3</p>  <p>Happy Labor Day</p> | <p>4</p> <p>French Toast Sticks Pineapples</p> <p>Fish Wedge Mixed Fruit Green Beans Wheat Bread</p> <p>Cheez it Unsweetened Juice</p> | <p>5</p> <p>Pancake Pears</p> <p>Cheese Pizza Corn Diced Peaches Pizza Crust</p> <p>Slice Raisin Bread Apple Sauce</p> | <p>6</p> <p>Cold Cereal Banana</p> <p>Hamburger Baked Beans Pineapples Hamburger Bun</p> <p>Tortilla Chips Unsweetened Juice</p> | <p>7</p> <p>Waffle Mixed Fruit</p> <p>Tuna Salad Salad Mix Pears Wheat Crackers</p> <p>Apple String Cheese</p> |
| <p>10</p> <p>Warm Apple Slices Biscuit</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Diced Peaches Wheat Bread</p> <p>Goldfish Crackers Unsweetened Juice</p> | <p>11</p> <p>Cold Cereal Peaches</p> <p>Chicken Patty Smiley Fries Pineapples Wheat Bread</p> <p>Mixed Fruit Saltine Crackers</p> | <p>12</p> <p>French Toast Sticks Pears</p> <p>Pizza Corn Mandarin Oranges Pizza Crust</p> <p>Applesauce Graham Crackers</p> | <p>13</p> <p>Cold Cereal Mixed Fruit</p> <p>Meatballs Green Beans Sliced Apples Hot Dog Bun</p> <p>Yogurt Cheerios</p> | <p>14</p> <p>Mini Bagel Mandarin Oranges</p> <p>Turkey Fajita Shredded Lettuce Pears Wheat Wrap</p> <p>Soft Pretzel Unsweetened Juice</p> |
| <p>17</p> <p>Slice Raisin Bread Diced Pears</p> <p>Chicken Steak Smiley Fries Mandarin Oranges Hot Dog Roll</p> <p>Applesauce Wheat Crackers</p> | <p>18</p> <p>Warm Apples Wheat Bread</p> <p>Fish Sticks Corn Mixed Fruit Wheat Bread</p> <p>Cheez it Crackers Unsweetened Juice</p> | <p>19</p> <p>Cold Cereal Banana</p> <p>Meatloaf w/Gravy Egg Noodles Green Beans Diced Peaches</p> <p>Diced Pears Graham Crackers</p> | <p>20</p> <p>Pancake Mixed Fruit</p> <p>Diced Chicken Broccoli Diced Pears Rice</p> <p>Tortilla Chips Unsweetened Juice</p> | <p>21</p> <p>English Muffin Mandarin Oranges</p> <p>Tuna Salad Salad Mix Pineapples Wheat Crackers</p> <p>Warm Apples Raisin Bread</p> |
| <p>24</p> <p>French Toast Sticks Peaches</p> <p>Chicken Tenders Smiley Fries Mandarin Oranges Wheat Bread</p> <p>Pretzel Twist Unsweetened Juice</p> | <p>25</p> <p>Cold Cereal Mandarin Oranges</p> <p>Fish Wedge Salad Mix Pineapples Wheat Bread</p> <p>Applesauce Wheat Crackers</p> | <p>26</p> <p>Pancake Diced Pears</p> <p>Slice Cheese Pizza Corn Mixed Fruit</p> <p>Animal Cookies Diced Peaches</p> | <p>27</p> <p>Cold Cereal Banana</p> <p>Salisbury Steaks Green Beans Applesauce Rice</p> <p>Goldfish Crackers Unsweetened Juice</p> | <p>28</p> <p>Warm Apple Slices Biscuit</p> <p>Beef Ravioli Salad Mix Diced Peaches Wheat Bread</p> <p>Yogurt Graham Crackers</p> |

Notes:

**1% Milk served with Breakfast and Lunch
Menu is Peanut free and Pork free**