



## BREAKFAST/SNACK HEADSTART 0-5/GSRP/CHILD CARE Sept. 2023 - Jan. 2024

4 Week Cycle Menu - follow calendar on the right

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple Cinnamon Cheerios Diced Peaches Milk Snack: Goldfish Cracker (CH) Milk	Blueberry Muffin Mandarin Oranges Milk Snack: Cheese Stick Juice	Bagel w/Jelly or Cream Cheese Applesauce Milk Snack: Cornbread Snack Loaf Milk	Kix Cereal Banana Milk Snack: Diced Pears Juice	Strawberry Oatmeal Bar Mixed Fruit Cup Milk Snack: Yogurt Cup Juice
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rice Chex Diced Pineapple Milk Snack: Bug Bites Grahams Milk	Apple Breakfast Bar Diced Pears Milk Snack: Yogurt Cup Juice	Croissant with Jelly Banana Milk Snack: Goldfish Crackers (RB) Milk	Cinnamon Chex Diced Peaches Milk Snack: Seasonal Fresh Fruit Milk	Mini Apple Loaf Applesauce Milk Snack: Diced Pears Milk
WEEK 3 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple Cinnamon Cheerios Diced Peaches Milk Snack: Goldfish Cracker (CH) Milk	Strawberry Oatmeal Bar Applesauce Milk Snack: Cheese Stick Juice	Bagel w/Jelly or Cream Cheese Mixed Fruit Cup Milk Snack: Cornbread Snack Loaf Milk	Kix Cereal Banana Milk Snack: Mixed Fruit Milk	Blueberry Muffin Mandarin Oranges Milk Snack: Yogurt Cup Juice
WEEK 4 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rice Chex Diced Pears Milk Snack: Bug Bites Grahams Milk	Mini Apple Loaf Diced Pineapple Milk Snack: Yogurt Cup Juice	Croissant with Jelly Banana Milk Snack: Goldfish Crackers (RB) Milk	Cinnamon Chex Diced Peaches Milk Snack: Seasonal Fresh Fruit Juice	Apple Breakfast Bar Mixed Fruit Cup Milk Snack: Diced Pears Milk

### Early Headstart Meal Pattern

Meat/Protein 1/2 oz. eq. optional 3x/week

Fruit 1/8 cup } 1/4 cup  
Vegetable 1/8 cup } total  
Grains 1/2 oz. eq.  
Milk 1/2 cup

1% Milk

### Headstart Meal Pattern

Meat/Protein 1/2 oz. eq. optional 3x/week

Fruit 1/4 cup } 1/2 cup  
Vegetable 1/4 cup } total  
Grains 1/2 oz. eq.  
Milk 3/4 cup

1% Milk

**A Complete Breakfast is  
free for students that are  
eligible for Kindergarten  
next year.**

**Breakfast Price (All Others)  
\$2.28**

M T W TH F

### SEPTEMBER 2023

11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

### OCTOBER 2023

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

### NOVEMBER 2023

		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	NS	NS	NS

### DECEMBER 2023

27	28	29	30	
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

### JANUARY 2024

NS	NS	NS	NS	NS
8	9	10	11	12
NS	16	17	18	19
22	23	24	25	26
29	30	31		

NS = No School

NL = Half Day

The Food Service Office is Located in the CERC Building - 248 814-0201

Menu Subject to Change Without Notice

USDA is an equal opportunity provider and employer.