



## LUNCH MENU - HEADSTART 0-5/GSRP/CHILD CARE September 2023 - January 2024

4 Week Cycle Menu - follow calendar on the right				
WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger on a Bun	Grilled Cheese	French Toast Sticks	Macaroni & Cheese	Chicken Patty on a Bun
Baked Beans	Cooked Carrots	Chicken Sausage Patty	Romaine Lettuce Salad	Corn
Diced Pears	Diced Pineapple	Green Beans	Diced Peaches	Warm Apple Slices
Milk	Milk	Banana	Milk	Milk
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets	Chicken Quesadilla	Pancakes &	Baked Rotini	Cheese Pizza
Cooked Carrots	Refried Beans	Yogurt & String Cheese	Cooked Broccoli	Diced Cucumbers
Diced Peaches	Mandarin Oranges	Potato Triangle	Strawberries	Mixed Fruit Cup
Milk	Milk	Applesauce	Milk	Milk
WEEK 3 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger on a Bun	Chicken Nuggets	French Toast Sticks	Macaroni & Cheese	Grilled Cheese
Baked Beans	Cooked Carrots	Chicken Sausage Patty	Romaine Lettuce Salad	Cooked Broccoli
Warm Apple Slices	Diced Pineapple	Green Beans	Diced Peaches	Diced Pears
Milk	Milk	Banana	Milk	Milk
WEEK 4 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty on a Bun	Cheese Pizza	Pancakes &	Baked Rotini	Chicken Quesadilla
Corn	Diced Cucumbers	Yogurt & String Cheese	Cooked Broccoli	Refried Beans
Mandarin Oranges	Diced Peaches	Potato Triangle	Diced Pineapple	Applesauce
Milk	Milk	Mixed Fruit Cup	Milk	Milk
Early Headstart Meal Pattern		Headstart Meal Pattern		<p style="text-align: center;"><b>A Complete Lunch is free for students that are eligible for Kindergarten next year.</b></p> <p style="text-align: center;"><b>Lunch Price (All Others) \$4.63</b></p>
Meat/Protein	1 oz.	Meat/Protein	1-1/2 oz.	
Fruit	1/8 cup	Fruit	1/4 cup	
Vegetable	1/8 cup	Vegetable	1/4 cup	
Grains	1/2 oz. eq.	Grains	1/2 oz. eq.	
Milk	1/2 cup	Milk	3/4 cup	
1% Milk		1% Milk		

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
30	31			
NOVEMBER 2023				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	NS	NS	NS
27	28	29	30	
DECEMBER 2023				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
NS	NS	NS	NS	NS
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.