

Head Start – Lunch Menu – March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Pork Rib-B-Q Sand. on Whole Wheat Bun 1 ea. Baby Carrots 2.6 oz pkt Diced Peaches ½ c. 1% White Milk 6 oz.	3 Tandoori Chicken Thigh 1 ea. WG Bread 1 sl. Calif. Mix Veg. ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	4 Turkey Ham 6 sl w/ chz on WW Brd 1 sl. Jicama Sticks ¼ c. Mandarin Oranges ½ c 1% White Milk 6 oz.	5 WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. Hi C Salad ½ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.	6 Cheese Sandwich 3 sl. on WW Brd 1 sl. Baby Carrots 2.6 oz pkt Apricots ½ c. 1% White Milk 6 oz.
9 Pork Rib-B-Q 1 ea. w/ gravy 1 oz. WW Dinner Roll 1 ea. Corn ¼ c Mandarin Oranges ½ c. 1% White Milk 6oz.	10 WG Cheese Lasagna 4.3 oz. ea. Hi C Salad ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	11 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1 ea. Chick. Breast Strips 3 oz. Shred. Cheese ½ oz. Shredded Lettuce ¼ c. Baby Carrots 2.6 oz pkt Honeydew Chunk ½ c. 1% White Milk 6 oz.	12 Turkey Breast 6 sl w/ chz on WW Brd 1 sl. Cucumber Coin 1/4 c. Orange, Fresh 1 ea. 1% White Milk 6oz.	13 Cheese Sandwich 3sl. on WW Brd 1 sl. Jicama Sticks ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
16 WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. Broccoli ¼ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.	17 Turkey Ham 6 sl w/ chz on WW Brd 1 sl. Baby Carrot 2.6 oz. pk Mandarin Oranges ½ c 1% White Milk 6 oz.	18 Hamburger on Bun WG Hamburger Bun 1 ea. Beef Patty 1 ea. Cheese 1 sl. Hi C Salad ½ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	19 Beef Salisbury Steak 1 ea. w/ gravy 1 oz WW Dinner Roll 1 ea. Cucumber Coins ¼ c. Apricots ½ c. 1% White Milk 6 oz.	20 WG Cheese Lasagna 4.3 oz. ea. Jicama Sticks ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.
23 Chicken Meatballs 3 ea. w/ gravy 1 oz. WW Dinner Roll 1 ea. Baby Carrots 2.6 oz pkt Mandarin Oranges ½ c. 1% White Milk 6 oz.	24 WG Brd. Chk Patty 1 ea. on Whole Wheat Bun 1 ea. Calif. Mix Veg. ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	25 Beef Meatloaf w/ gravy 1ea. WW Dinner Roll 1 ea. Hi C Salad ½ c. Apricots ½ c. 1% White Milk 6 oz.	26 WG Brd. Chicken Strips 3ea. WG Bread 1 sl. Cucumber Coin ¼ c. Orange, Fresh 1 ea. 1% White Milk 6 oz.	27 Cheese Sandwich 3 sl. on WW Brd 1 sl. Jicama Sticks ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.

USDA is an equal opportunity provider, employer, and lender.

***No Refried Bean, Burritos, Italian Veg., Peas & Green Beans at all

Head Start - PM SNACK MENU – March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Cheerios 1 c. Fresh Strawberries ½ c. 1% White Milk ½ c.	3. Waffle 1 ea. Applesauce ½ c Water	4. Cheerios Cereal ½ c. or 1 oz. 1% White Milk ½ c. or 4 oz.	5. Graham Crackers 1 ea. Or .5 oz. 1% White Milk ½ c. or 4 oz.	6. Kix Cereal 1 c. 1% White Milk ½ c.
9. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	10. Hi Ho Crackers 4 ea. Or .5 oz. Cheddar Cheese Water	11. Kix Cereal ½ c. 1% White Milk ½ c. or 4 oz.	12. Cheerios Cereal ½ c. or 1 oz. Banana ½ c. 1% White Milk ½ c. or 4 oz.	13. Ritz Crackers .5 oz or 4 ea. Turkey Ham .5 oz. Water
16. Pretzel Sticks .5 oz Banana ½ c. Water	17. Quesadilla ½ ea. 1% White Milk ½ c.	18. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	19. Cooking Exp pg 58 Hawaiian Ice. ¼ c. ***see note Peaches, Banana Pineapple, Crushed Assorted Crackers .5 oz or 4 ea. Turkey Ham .5 oz Water	20. Assorted Crackers .5 oz. Kiwi Slices ½ c. Water
23. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c or 4 oz.	24. Mini Bagel ½ ea. Cream Cheese .5 oz. 1% White Milk ½ c.	25. Quesadilla ½ ea. or 22.5 g. Water	26. Hi Ho Crackers .5 oz. 1% White Milk ½ c. or 4 oz.	27. Cheerios Cereal ½ c. or 1 oz. Strawberries ½ c. 1% White Milk ½ c. or 4 oz.
30. Waffles 1 ea. 1% White Milk ½ c.	31. Holiday			

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