




BEAN/LEGUME FREE

\*\*No Refried Bean, Burritos, Italian Veg, Peas & Green Beans




### Head Start – Lunch Menu – April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Pork Rib-B-Q Sand. on Whole Wheat Bun 1 ea. Jicama Sticks ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	2 <u>WG Cheese Lasagna 4.3 oz.</u> Hi C Salad ½ c. Diced Pears ½ c. 1% White Milk 6 oz.	3 Cheese Sand. 2 sl. on WW Brd. 1 sl. Cucumber Coins ¼ c. Apricots ½ c. 1% White Milk 6 oz.
6 WG Brd. Chicken Patty 1 ea. on Whole Wheat Bun 1 ea. <u>Broccoli ¼ c.</u> Diced Peaches ½ c. 1% White Milk 6 oz.	7 Tandoori Chicken Thigh 1 ea. WG Bread 1 sl. Calif. Mix Veg. ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	8 <u>Turkey Breast 6 sl. w/ Cheese on WW Brd. 1 sl.</u> Cucumber Coins ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.	9 WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. Hi C Salad ½ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.	10 Cheese Sand. 2 sl. on WW Brd. 1 sl. Baby Carrots 2.6 oz. pkt. Apricots ½ c. 1% White Milk 6 oz.
13 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 6 oz.	14 WG Cheese Lasagna 4.3 oz. ea. Hi C Salad ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	15 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1 ea. Chick. Breast Strips 3 oz. Shredded Cheese ½ oz. Shredded Lettuce ¼ c. Baby Carrots 2.6 oz. pkt. Honeydew Chunks ½ c. 1% White Milk 6 oz.	16 Turkey Ham 6 sl. & Cheese 1 sl. on WW Brd. 1 sl. Cucumber Coins ¼ c. Orange, Fresh 1 ea. 1% White Milk 6 oz.	17 Bk Chicken Drum. 1 ea. WG Bread 1 sl. Calif. Mix Veg. ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
20 <u>Cheese Sand. 2 sl. on WW Brd. 1 sl.</u> <u>Baby Carrots 2.6 oz. pkt.</u> Apple, Fresh 1 ea. 1% White Milk 6 oz.	21 WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. <u>Corn ¼ c.</u> Mandarin Oranges ½ c. 1% White Milk 6 oz.	22 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.	23 Beef Salisbury Steak 1 ea. w/ Gravy 1 oz WW Dinner Roll 1 ea. Baby Carrots 2.6oz pkt Apricots ½ c. 1% White Milk 6 oz.	24 Turkey Breast 6 sl. w/ Cheese on WW Brd. 1 sl. Jicama Sticks ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.
27 Chicken Meatballs 3 ea. w/ Gravy 1 oz. WG Brown Rice ¼ c. Baby Carrots 2.6 oz. pkt. Mandarin Oranges ½ c. 1% White Milk 6 oz.	28 WG Brd. Chicken Patty 1 ea. on Whole Wheat Bun 1 ea. Cucumber Coins ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	29 Beef Meatloaf w/ Gravy 1 ea. WW Dinner Roll 1 ea. Hi C Salad ½ c. Apricots ½ c. 1% White Milk 6 oz.	30 <u>WG Cheese Lasagna 4.3 oz. ea.</u> <u>Cali. Mixed Veg. ½ c.</u> Orange, Fresh 1 ea. 1% White Milk 6 oz.	

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



### Head Start - PM Snack Menu – April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1. WG Ritz Crackers 4 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	2. <b>Banana ½ c.</b> Tortilla Chips 6 – 8 ea. or .5 oz. Pico de Gallo/ Salsa 1 tbsp. Water	3. WG Mini Bagel ½ ea. Cream Cheese 1 tbsp. or .5 oz. Water
6. WG Graham Crackers 1 ea. or .5 oz. Vanilla yogurt ¼ c. or 2 oz. Water	7. WG Ritz Crackers 4 ea. or .5 oz. Cheddar Cheese 1/8 c. or 1 slice Water	8. WG Cheerios Cereal ½ c. Banana ½ c. 1% White Milk ½ c. or 4 oz.	9. WG Pancakes 1 ea. 1% White Milk ½ c. or 4 oz.	10. Hard Boiled Egg ½ ea. Orange Slices ½ c. Water
13. WG Graham Crackers 1 ea. or .5 oz. Vanilla yogurt ¼ c. or 2 oz. Water	14. Quesadilla ½ ea. Pico de Gallo/ Salsa 1 tbsp. Water	15. <b>Cheese Stick 1 ea.</b> WG Pretzel sticks 1/3 c. or .5 oz. Water	16. WG Assorted Crackers .5 oz or 4 ea. 1% White Milk ½ c. or 4 oz.	17. WG Mini Bagel ½ ea. Banana ½ c. 1% White Milk ½ c. or 4 oz.
20. WG Pancakes 1 ea. 1% White Milk ½ c. or 4 oz.	21. WG Assorted Crackers 4 ea. or .5 oz. Cheddar Cheese 1 slice or 1/8 cup shredded or .5 oz. or .5 oz. 1% White Milk ½ c or 4 oz.	22. Quesadilla ½ ea. Orange slices ½ c. Water	23. WG Ritz Crackers 4 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	24. WG Cheerios Cereal ½ c. Banana slices ½ c. 1% White Milk ½ c. or 4 oz.
27. Hard Boiled Egg ½ ea. Orange Slices ½ c. 1% White Milk ½ c. or 4 oz.	28. WG Mini Bagel ½ ea. or .5 oz. Cream Cheese 1 tbsp. or .5 oz. Water	29. WG Cheerios Cereal ½ c. 1% White Milk ½ c. or 4 oz.	30. <b>Banana ½ c.</b> WG Pretzel sticks 1/3 c. or .5 oz. Water	

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