

BEAN/LEGUME FREE

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








### Head Start – Lunch Menu – May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Turkey Ham 6sl &amp; Chz 1sl on WW Brd 1 sl. Baby Carrots 2.6oz pkt Diced Peaches 1/2c. 1% White Milk 6oz.</p>
<p>4 Beef Patty 1ea w/grv 1oz. WWDinner Roll 1 ea. Calif. Mix Veg. 1/4c. Tropical Fruit 1/2c. 1% White Milk 6oz.</p>	<p>5 WG Cheese Lasagna 4.3oz. ea. Corn 1/4c Apple, Fresh 1ea. 1% White Milk 6oz.</p>	<p>6 BBQ Pork Rib-B-Q Sand. On Whole Wheat Bun 1 ea. Jicama Sticks 1/4 c. Diced Peaches 1/2c. 1% White Milk 6oz.</p>	<p>7 Beef SalisburySteak1ea with gravy 1 oz WG Brown Rice 1/4cup Hi C Salad 1/2 Cup Diced Pears 1/2c. 1% White Milk 6oz.</p>	<p>8 Turkey breast 6 sl. w/ chz on WW Brd 1 sl. Cucumber Coins 1/4 c. **Apricots 1/2c. 1% White Milk 6oz.</p>
<p>11 WG Brd. Chicken Strips 3ea. WG Bread 1 sl. Baby Carrots 2.6oz pkt Diced Peaches 1/2c. 1% White Milk 6oz.</p>	<p>12 Tandoori Chicken Thigh 1 ea. WWDinner Roll 1 ea. Calif. Mix Veg. 1/4c. +Cantaloupe Chunks 1/2 cup 1% White Milk 6oz.</p>	<p>13 Cheese Sand. 3sl. on WW Brd. 1 sl. Jicama Sticks 1/4 c. +Mandarin Oranges 1/2c 1% White Milk 6oz.</p>	<p>14 WG Brd.ChkPatty 1ea On Whole Wheat Bun 1 ea. Hi C Salad 1/2c Pineapple Tidbits 1/2c. 1% White Milk 6oz.</p>	<p>15 Turkey Ham 6sl &amp; Chz 1sl on WW Brd 1 sl. Cucumber Coins 1/4 c. *Orange, Fresh 1 ea. 1% White Milk 6oz.</p>
<p>18 Pork Rib-B-Q1ea w/ gravy 1 oz. WWDinner Roll 1 ea. Corn 1/4c +Mandarin Oranges 1/2c 1% White Milk 6oz.</p>	<p>19 WG Cheese Lasagna 4.3oz. ea. Jicama Sticks 1/4 c. Tropical Fruit 1/2c. 1% White Milk 6oz.</p>	<p>20 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea Chick. Breast Strips 3oz Shred. Cheese 1/2 oz. Shredded Lettuce 1/4 c. Hi C Salad 1/2c Diced Peaches 1/2c. 1% White Milk 6oz.</p>	<p>21 Turkey breast 6 sl. w/ chz on WW Brd 1 sl. Cucumber Coins 1/4 c. Apple, Fresh 1ea. 1% White Milk 6oz.</p>	<p>22 WGBrd. ChkPatty 1ea On Whole Wheat Bun 1 ea. Baby Carrots 2.6oz pkt Pineapple Tidbits 1/2c. 1% White Milk 6oz.</p>
	<p>25 WGBrd. Chicken Strips 3ea. WG Bread 1 sl. Broccoli 1/4c +Mandarin Oranges 1/2c 1% White Milk 6oz.</p>	<p>26 Hamburger on Bun WG Hamburger Bun 1 ea. Beef Patty 1 ea. Cheese 1 sl. Hi C Salad 1/2 Cup Pineapple Tidbits 1/2c. 1% White Milk 6oz.</p>	<p>27 Bk Chicken Drum. 1ea WWDinner Roll 1 ea. Calif. Mix Veg. 1/4c. Diced Pears 1/2c. 1% White Milk 6oz.</p>	<p>28 <b>Closed: All Staff In-Service</b></p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Quesadillas ½ ea.. 1 % White Milk 4 oz.</p>
<p>4. Plain Rice Cakes 1- ½ ea. or .5 oz. Apricots ½ c. 1% White Milk 4 oz.</p>	<p>5. Tortilla Chips ½ c. or .5 oz. Pico De Gallo Salsa 1 T. and <del>Vegetarian Refried Beans</del> 1 T. 1% White Milk 4 oz.</p>	<p>6. Cheerios ¾ c. Orange slices ½ c. 1% White Milk ½ c.</p>	<p>7. Quesadillas ½ ea.. 1% White Milk 4 oz.</p>	<p>8. Graham Crackers 1 ea. or .5 oz. Applesauce ½ c. Water</p>
<p>11. Cheez Its .5 oz or 10 ea. Strawberries ½ c. Water</p>	<p>12. Kix Cereal ¾ c. or .5 oz. 1% White Milk ½ c. or 4 oz.</p>	<p>13. Graham Crackers 1 ea. or .5 oz. 1% White Milk 4 oz.</p>	<p>14. Plain Rice Cakes 1- ½ ea. or .5 oz. Orange slices ½ c. 1% White Milk 4 oz.</p>	<p>15. Assorted Crackers 4 ea. or .5 oz. Apple Slices ½ c. Water</p>
<p>18. <b>Goldfish Crackers .5 oz.</b> <b>Cheese Stick 1 ea.</b> 1 % White Milk ½ c. or 4 oz.</p>	<p>19. Kix Cereal ¾ c or .5 oz. 1% White Milk ½ c. or 4 oz.</p>	<p>20. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.</p>	<p>21. Cheez Its .5 oz or 10 ea. Fresh Strawberries or Any Canned Fruit (<b>Check Pantry</b>) ½ c. Water</p>	<p>22. Graham Crackers .5 oz. or 1 ea. 1% White Milk 4 oz.</p>
<p>25.</p> 	<p>26. Graham Crackers 1 ea. or .5 oz 1% White Milk ½ c. or 4 oz.</p>	<p>27. Hi Ho Crackers 4 ea. or .5 oz. Any Canned Fruits (<b>Check Pantry</b>) ½ c. 1% White Mil ½ c.</p>	<p>28. Tortilla Chips ½ c. or .5 oz. Pico De Gallo Salsa 1 T. and <del>Vegetarian Refried Beans</del> 1 T. 1% White Milk 4 oz.</p>	<p>29. <b><u>Closed: EOY All Staff In-Service</u></b></p>

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