

Lewis County Head Start
 Beaver Falls, Lowville and Lyons Falls Centers
 Serving times for each center are listed in the Parent Handbook

APRIL 2019

Apr 2-5	Tuesday	2	Wednesday	3	Thursday	4	Friday	5
Breakfast	1% Lowfat Milk Bananas W/W Toast (WGR)		1% Lowfat Milk Peaches Cold Cereal		1% Lowfat Milk Mandarin Oranges (Vit C) Scrambled Eggs (Vit A)		1% Lowfat Milk Strawberries (Vit C) Hot Cereal	
Lunch	1% Lowfat Milk Chili w/ ground beef Beans (kidney, black, pinto) Orange Slices (Vit C) Corn Muffin		1% Lowfat Milk Roast Pork Mashed Potatoes (Vit C) Pears W/W Bread (WGR)		1% Lowfat Milk Chicken & Cheese Quesadilla Carrot & Celery Sticks w/ dip Apple Slices Tortilla (WGR)		1% Lowfat Milk Meatloaf Green Peas (Vit C) Mixed Fruit Buttered Noodles (WGR)	
Snack	100% Juice Pretzels		Cucumber Slices Saltine Crackers Water		1% Lowfat Milk HM Trail Mix		Strawberry Smoothie Snack Crackers	
Apr 9-12	Tuesday	9	Wednesday	10	Thursday	11	Friday	12
Breakfast	1% Lowfat Milk Fresh Blueberries Waffles		1% Lowfat Milk Peaches W/W Toast (WGR) Eggs (Vit A)		1% Lowfat Milk Pears Cinnamon Raisin Toast w/ butter		1% Lowfat Milk Mandarin Oranges (Vit C) Cold Cereal (WGR)	
Lunch	1% Lowfat Milk Ground Beef Burger Broccoli (Vit A and C) Bananas Bun/Roll (WGR)		1% Lowfat Milk HM Chicken Rice Soup w/ Carrots (Vit A) & Celery Grape Halves Peanut Butter & Jelly Sandwich		1% Lowfat Milk Roast Beef Mashed Potatoes (Vit C) Applesauce W/W Bread w/ butter (WGR)		1% Lowfat Milk Sloppy Joes w/ ground beef Carrots (Vit A) Pineapple (Vit C) Hotdog or Hamburger Roll	
Snack	Celery Sticks Tuna Salad AND/OR Peanut Butter Water		100% Orange Juice (Vit C) Goldfish Crackers		1% Lowfat Milk Graham Crackers		Mixed Fruit Cottage Cheese Water	

Water is made available throughout the day.

Vitamin C and A foods served at Head Start only partially fulfill the daily requirements of these vitamins.

Vitamin B complex comes from whole grains. At least one Whole Grain Rich (WGR) food will be served daily.

Menus are reviewed and approved by the program's Nutrition Consultant.

Menus are subject to change without notice.

Meals served at Head Start are free to all enrolled children regardless of color, race, national origin, sex, age or disabling condition.

This institution is an equal opportunity provider .

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APRIL 2019

Apr 23-26	Tuesday	23	Wednesday	24	Thursday	25	Friday	26
Breakfast	1% Lowfat Milk Peaches Cold Cereal (WGR)		1% Lowfat Milk Mixed Fruit Scrambled Eggs (Vit A) W/W Toast (WGR)		1% Lowfat Milk Bananas Pancakes		1% Lowfat Milk Mandarin Oranges (Vit C) English Muffin	
Lunch	1% Lowfat Milk Chicken Parmesan Green Beans Cantaloupe (Vit C) Spaghetti		1% Lowfat Milk Roast Pork Mashed Potatoes (Vit C) Corn Rolls w/ Butter		1% Lowfat Milk Ham Sliced Beets Pineapple (Vit C) Buttered Macaroni (WGR)		1% Lowfat Milk Baked Fish Steamed Broccoli (Vit C) Pears Brown Rice (WGR)	
Snack	HM Tortilla Refried Bean Dip Water		100% Juice Trail Mix		Pretzel Rods Cheddar Cheese Cubes (Vit A) Water		Carrots (Vit A) & Celery Sticks w/ dip W/W Snack Cracker Water	
30-Apr	Tuesday	30	Wednesday	24	Thursday	25	Friday	26
Breakfast	1% Lowfat Milk Strawberries (Vit C) Hot Cereal (WGR)							
Lunch	1% Lowfat Milk Ground Beef Stroganoff Carrots (Vit A) Grape Halves Noodles							
Snack	100% Juice Snack Crackers							

*****Spring Recess *****
April 15-19, 2019
Head Start Resumes
Tuesday, April 23, 2019

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