

Lewis County Head Start
 Beaver Falls Center Lowville Center Lyons Falls Center
 Serving times for each center are included in the Parent Handbook

APRIL 2022

Apr 1	Monday	Tuesday	Wednesday	Thursday	Friday	1			
Breakfast					1% Lowfat Milk Bananas Scrambled Eggs (Vit A) W/W Toast				
Lunch					1% Lowfat Milk Sweet & Sour Chicken w/ Sweet Pepper Chunks (Vit A) Cantaloupe (Vit A & C) Brown Rice (WGR)				
Snack					Cheese Slice (Vit C) Triscuits Water				
Apr 4-8	Monday	Tuesday	Wednesday	Thursday	Friday	8			
Breakfast	1% Lowfat Milk Plums English Muffins	4	1% Lowfat Milk Bananas W/W Toast (WGR)	5	1% Lowfat Milk Peaches Kix Cereal	6	1% Lowfat Milk Mandarin Oranges (Vit C) Scrambled Eggs (Vit A)	7	1% Lowfat Milk Strawberries (Vit C) Cream of Wheat
Lunch	1% Lowfat Milk Turkey Roll-up w/ Cheese Celery & Cucumber Slices Pears W/W Tortilla (WGR)	1% Lowfat Milk Chili w/ ground beef Beans (kidney, black, pinto) Orange Slices (Vit C) Corn Muffin	1% Lowfat Milk HM Parmesan Fish Sticks Mashed Potatoes (Vit C) Cantaloupe (Vit A and C) W/W Bread (WGR)	1% Lowfat Milk Chicken & Cheese Quesadilla Carrots (Vit A) & Celery Sticks w/ dip Apple Slices Tortilla (WGR)	1% Lowfat Milk Meatloaf Green Peas (Vit C) Mixed Fruit Buttered Noodles (WGR)				
Snack	100% Juice HM Pretzel Water	1% Lowfat Milk Oatmeal Banana Muffin	Ritz Crackers Peanut Butter Water	1% Lowfat Milk HM Trail Mix	Strawberry Smoothie Snack Crackers				

Water is made available throughout the day.

All milk served is unflavored.

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 once every 24 months.

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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Apr 11-15	Monday	11	Tuesday	12	Wednesday	13	Thursday	14	Friday	15
Breakfast	SPRING BREAK - NO HEAD START CLASS									
Lunch										
Snack										
Apr 18-22	Monday	18	Tuesday	19	Wednesday	20	Thursday	21	Friday	22
Breakfast			1% Lowfat Milk Fresh Blueberries Waffles	1% Lowfat Milk Peaches Veggie Quiche (Vit A)		1% Lowfat Milk Pears Cinnamon Raisin Toast w/ butter		1% Lowfat Milk Mandarin Oranges (Vit C) Life Cereal (WGR)		
Lunch			1% Lowfat Milk Hamburger 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 (WGR)		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) Bun/Roll		
Snack			(Ants on a Log) Celery Sticks Peanut Butter and Raisins Water	100% Orange Juice (Vit C) HM Pizza Pancakes		1% Lowfat Milk Graham Crackers		Mixed Fruit Yogurt Water		

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Apr 25-29	Monday	25	Tuesday	26	Wednesday	27	Thursday	28	Friday	29
Breakfast	1% Lowfat Milk Oranges (Vit C) Bagel		1% Lowfat Milk Peaches Life 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) Cheerios (WGR)	
Lunch	1% Lowfat Milk Tuna Fish Sandwich (WGR) Carrot & Cucumber Slices, Cherry Tomatoes (Vit A) Grapes		1% Lowfat Milk Chicken Parmesan Green Beans Cantaloupe (Vit A & C) Spaghetti		1% Lowfat Milk Roast Pork Mashed Potatoes (Vit C) Corn Rolls w/ Butter		1% Lowfat Milk Ham Sliced Beets Pineapple (Vit C) Macaroni & Cheese (WGR)		1% Lowfat Milk Baked Fish Steamed Broccoli (Vit A & C) Pears Couscous	
Snack	1% Lowfat Milk Graham Crackers		HM Tortilla Refried Bean Dip Water		100% Juice Trail Mix		Yogurt Assorted Fruit Water		Carrots (Vit A) w/ dip W/W Snack Cracker Water	

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(Menu 1)