


Farrell Area Schools Head Start Breakfast Menu September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 No School Labor Day	3 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	4 Mini French Toast Squares 4oz Orange Juice 1% White Milk	5 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	6 WG Blueberry Mini Loaf 7/g sugar per ounce 4oz Orange Juice 1% White Milk
	9 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	10 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	11 WG MINI CINNIS 4oz Orange Juice 1% White Milk	12 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	13 WG Blueberry Mini Loaf 7/g sugar per ounce 4oz Orange Juice 1% White Milk
CEREAL VARIETIES INCLUDE: CHEERIOS MULTI GRAIN CHEERIOS RICE CHEX CINNAMON RICE CHEX FROSTED WHEAT MINI BITES CINNAMON TOAST CRUNCH ALL <6G/OZ	16 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	17 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	18 WG MINI CINNIS 4oz Orange Juice 1% White Milk	19 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	20 WG Blueberry Mini Loaf 7/g sugar per ounce 4oz Orange Juice 1% White Milk
All bread is whole grain	23 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	24 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	25 WG MINI CINNIS 4oz Orange Juice 1% White Milk	26 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	27 WG Blueberry Mini Loaf 7/g sugar per ounce 4oz Orange Juice 1% White Milk
Menu subject to change	30 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	October 1 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	October 2 WG MINI CINNIS 4oz Orange Juice 1% White Milk	October 3 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	October 4 WG Blueberry Mini Loaf 7/g sugar per ounce 4oz Orange Juice 1% White Milk

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

Farrell Area Schools Head Start Lunch Menu September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 NO SCHOOL Labor Day	3 CHEESEBURGERS on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit 1% White milk	4 WALKING TACOS with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit 1% White milk	5 SEASHELLS with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) 1/2 cup fresh or cupped fruit 1% White milk	6 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit 1% White milk
	9 TOASTED CHEESE SANDWICH Tomato Soup 1/2 cup fresh or cupped fruit 1% White milk	10 CHEESE QUESADILLAS Corn 1/2 cup fresh or cupped fruit 1% White milk	11 TURKEY and CHEESE SUB on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit 1% White milk	12 SPAGHETTI with MEATBALLS Garden Romaine Salad Whole Grain Dinner Roll (9-12) 1/2 cup fresh or cupped fruit 1% White milk	13 PERSONAL PAN PIZZA French Fries 1/2 cup fresh or cupped fruit 1% White milk
Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices	16 CORN DOGS French Fries 1/2 cup fresh or cupped fruit 1% White milk	17 NACHOS GRANDE on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit 1% White milk	18 CHICKEN TENDERS Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit 1% White milk	19 PENNE PASTA with MEATSAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) 1/2 cup fresh or cupped fruit 1% White milk	20 PERSONAL PAN PIZZA French Fries 1/2 cup fresh or cupped fruit 1% White milk
	23 BREAKFAST FOR LUNCH Whole Grain French Toast Sticks Tater Tots/ Celery Yogurt 1/2 cup fresh or cupped fruit 1% White milk	24 WALKING TACOS with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit 1% White milk	25 ASIAN CHICKEN on Bed of Brown Rice Steamed Broccoli 1/2 cup fresh or cupped fruit 1% White milk	26 SEASHELLS with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) 1/2 cup fresh or cupped fruit 1% White milk	27 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit 1% White milk
All bread is whole grain	30 SLOPPY JOES on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit 1% White milk	October 1 HOT HAM & CHEESE SANDWICH on Whole Grain Bun Steamed Broccoli 1/2 cup fresh or cupped fruit 1% White milk	October 2 CHICKEN SANDWICH on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit 1% White milk	October 3 ZITI PASTA with MEAT SAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks 1/2 cup fresh or cupped fruit 1% White milk	October 4 MEXICAN PIZZA French Fries 1/2 cup fresh or cupped fruit 1% White milk
Menu subject to change					

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